

Street meat facing the heat

Council to review rules for food trucks PAGE 3

A DREAM FINISH

- JAMES AND THE U.S. DREAM TEAM GO FOR GOLD THIS WEEKEND
- ON FRIDAY, WATCH CANADIANS DIVE FOR MEDALS: 3 P.M. ON SPORTSNET



HALIFAX metro®

WEEKEND, August 10-12, 2012

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EMBRACING A BRONZE

Canadian women's soccer team members Emily Zurrer, rear, and Chelsea Stewart celebrate winning a bronze medal on Thursday after defeating France 1-0 at the London Olympics. For more Olympic coverage, see pages 30-31. HUSSEIN MALLA/THE ASSOCIATED PRESS

'Real buzz' is building

Exciting weekend. Paddling community ready for early-morning Olympic races



MATTHEW WUEST
matthew.wuest@metronews.ca

If Nova Scotia wins a medal on the final weekend of the Summer Olympics, it will come via a marathon or a sprint.

Four athletes are left to compete for the province in a bid for its first podium finish, including three sprint canoe-kayak athletes — Halifax's Mark de Jonge, Dartmouth's Jason McCoombs and Windsor's Ryan Cochrane — and marathoner Eric Gillis of Antigonish.

All eyes in the local paddling community will be glued to televisions.

"I really do like their chances," said Rick Fair, flag officer for the Atlantic Division of Canoe-Kayak Canada. "I've got a good feeling about it. If we can eke out a medal between Mark, Ryan or Jason, that would just be fantastic."

Gillis runs on Saturday while paddling heats start Friday at 5:30 a.m. The semi-finals, should they qualify, start at 7:16 a.m., while the finals start Saturday at 5:30 a.m.

De Jonge races the K-1 200 metres, McCoombs the C-1 200, and Cochrane teams up with Montreal's Hugues Fournel in the K-2 200.

Gatherings are planned bright and early on Saturday at Maskwa and Banook, the home clubs of de Jonge and McCoombs.

"There's a real buzz," Fair said.

The 200 is a new distance at the Olympics, replacing the 500, with races often decided by hundredths of seconds. Fair likened it to a track event and recommended those not familiar with paddling to tune in.

"There's a certain amount of tension that comes with these races, let me tell ya," Fair said. "You're trying to keep your eye on nine lanes and then, boom, it's over. It's like watching (Usain) Bolt in the 100 metres. It's going to be electric."

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Forecasts. Hurricane season busier than usual

Forecasts were altered Thursday and the number of hurricanes expected this season is now reaching higher-than-normal levels.

The National Oceanic and Atmospheric Administration say wind patterns conducive to storm formation and warmer-than-normal sea temperatures mean chances are higher for an above-normal Atlantic hurricane season.

NOAA forecasters say they expect 12 to 17 tropical storms, with as many as five to eight hurricanes, for the season from June 1 to Nov. 30. Two to three storms could become major hurricanes.

In May, forecasters had predicted nine to 15 tropical storms, with as many as four to eight storms strengthening into hurricanes.

Chris Fogarty with the Canadian Hurricane Centre in Dartmouth said already there have been six named storms in the Atlantic region.

"It's on the higher end and typical for the last two decades. It's been pretty active since the mid-'90s," Fogarty said.

Along with the warmer than forecasted water and air temperatures, Fogarty said the expected storm-diminishing effects of an El Nino are not as strong as first thought.

Right now the Hurricane Centre is keeping an eye on some cloud formations in the mid-Atlantic, which could develop into a storm.

"But it would still be a week and a half before anything would affect our part of the world."

JENNIFER TAPLIN/METRO



People brave the weather during Hurricane Bill in 2009.
METRO FILE



The lunch crowd enjoys fries from Bud the Spud on Spring Garden Road in Halifax on Thursday. JEFF HARPER/METRO

Food-truck debate could start cookin'

Street eats. Bylaw tweaks may provide a twist to familiar fried fare, including breakfast options



ALEX BOUTILIER
alex.boutilier@metronews.ca

Halifax regional council is being asked to re-examine its policy governing street meat.

Coun. Jennifer Watts indicated during this week's council meeting that she'd be asking her fellow councillors to approve a staff report into bylaw C-500, which regulates food-cart vending.

Watts said she had been approached by a few prospective vendors looking for bylaw amendments that could enable a more creative approach to street fare than your standard fish-and-chips or hotdogs.

The amendments "would help facilitate either the food-truck or the food-cart industry," said Watts.

"Basically it's asking staff to … consult with the people who are interested in entering into this area and with people who are already involved with it … (and) the existing business community."

For food trucks, the amendments include relaxing a rule in the current bylaw that disallows street vending from 4 to 9 a.m. — basically eliminating the possibility of trucks serving breakfast.

Another desired amendment, according to Watts, is the prohibition of two vendors sharing the same spot.

"This would allow for catching the early-morning crowd in terms of what people may be wanting on their way to work," Watts said.

It's not possible for that early-morning vendor to share their spot with someone serving the evening or late-night crowd — and potentially limits municipal revenue from permits.

Under the current bylaw, food carts — drawn by bicycles, for instance — are limited to serving "frozen treats." So no luck if you're craving a burrito bike.

Under the bylaw, all truck or cart operators are still required to be approved by the Department of Health and Wellness, as well as the Department or Labour.

Council will decide whether or not to approve a staff report into the matter next week.

For more local news, visit metronews.ca

Quoted

"That's what I'm hearing from the people that approached me, that (they) want to do something different, (they) think they have something that will be unique."

Coun. Jennifer Watts on prospective vendors

Competition

Location, location, location

Andrew Baker said he isn't concerned about more competition in the food-truck industry — depending on where that competition sets up shop. The manager of Andrew's Fish and Chip's on Spring Garden Road said that particular part of the downtown core is already well served.

"We've got a hotdog cart, a chip truck behind us — enough is enough," said Baker. "Three summers ago we had three fish-and-chips trucks on one street.… We made no money."

As long as new carts serve other parts of town, Baker sees no reason they can't coexist.

And a little diversity in the offerings wouldn't hurt, either.

Funny money. Dartmouth woman faces charges in connection with counterfeit American $20 bills

A Dartmouth woman is facing charges after reports of funny money floating around HRM.

The Halifax Regional Police and the Royal Canadian Mounted Police integrated financial crime unit are looking into five reports of counterfeit American $20 bills being passed around at fast-food restaurants and gas stations.

The bills all had the same serial number. It was also discovered that the ink on the bills ran when they got wet.

A 44-year-old woman from Dartmouth was charged in relation to two of the cases.

Police are still looking into the other three. METRO

Mobile news

The London zoo has been holding special animal athletic events to coincide with the Olympics. Scan the code to see who's king of this competitive jungle.

More floors please: Hotel developer

Construction. Company behind redevelopment of Citadel Hotel wants to go for a taller building



JENNIFER TAPLIN
jennifer.taplin@metronews.ca

Halifax's bright economic future has prompted a request for additional height on a major downtown hotel complex.

SilverBirch Hotels and Resorts want to add two floors of hotel rooms to their Hilton project on Brunswick Street — the now demolished site of the Citadel Hotel.

The request was being considered by the design review committee on Thursday night.

Trevor Morgan, regional vice president of SilverBirch, said the shipbuilding contract and the new convention centre made them rethink their project.

"Those two things combined with our optimism of the market, led us to believe additional inventory would be advantageous to us," he said. "It's really around our optimism of the Halifax market, which is a very healthy one."

Originally, the two-tower hotel project was 13 storeys sitting on a two-storey base, for a total of 15. SilverBirch is asking for two floors to be added into the middle, increasing the number of hotel rooms to 316 from 278.

HRM staff has recommended approval of the additional two floors.

"This does not seem to be a substantial change from the original design: it's still the same usage, same materials, and the same architectural design," said Shaune MacKinlay, HRM spokeswoman.

The added two floors also have no impact on the viewplane or Citadel ramparts provisions, and falls below the height limits.

The design review committee will also hear a presentation from the W.M. Fares Group for their proposal for the Marry Ann site at 1453 Queen Street — close to the new library.

It's a nine-storey mixed use building with commercial tenants on the main floor and residential above.

It also proposes three storeys of underground parking.

This proposal is in the early stages and after the presentation HRM staff will prepare a report with recommendations.

Price range

$60-65M

Morgan said the project would still remain in the $60-$65 million price range and will be completed in April 2014.



SilverBirch Hotels and Resorts is asking HRM for an additional two floors to their two-tower Hilton project on the site of the former Citadel Hotel. JEFF HARPER/FOR METRO

Former NATO guy. New commander takes over military base in Halifax

A former director of NATO's training operations for the Afghan National Police in Kabul has assumed command of Canada's largest military base.

Naval Capt. Angus Topshee replaces naval Capt. Brian Santarpia, who took command of Canadian Forces Base Halifax in July 2010.

A change of command ceremony was held Thursday at the base.

The military says Topshee joined the Canadian Forces in 1990 and has completed a number of tours and operational deployments during his career.

Outgoing captain

- The military says Capt. Brian Santarpia is headed to the Canadian Forces College in Toronto where he will take part in a national securities program.

In July 2009, the Ontario native was given command of HMCS Algonquin, the flagship of the navy's Pacific fleet.

He held that post until the end of 2010 when he was transferred to Afghanistan as part of NATO's training mission.

THE CANADIAN PRESS

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Police seek tips

Fire causes massive damage to 2 cars

Police are investigating after two cars were set on fire on Tuesday night in Halifax.

In a release Thursday, police said they received two reports of arson — one in a vehicle in the 2600 block of Oxford Street and the other on Yukon Street. In both cases, the cars were broken into and paper was set on fire resulting in massive damage to the vehicles.

Police are asking for anyone with information to contact them at 490-5016. METRO

Men wearing bandanas. Suspects sought after 4 teens robbed at knifepoint

Four teenaged boys were robbed at knifepoint in Halifax on Wednesday night.

The four teens, aged 16 to 17, were walking in the area of Lemarchant and Watts streets before 10 p.m. when two men approached them. The two men wore bandanas over their faces and threatened the boys with knives.

The boys were told to get on the ground and their phones were taken. The two suspects took off. METRO

Suspect descriptions

- Police say the first suspect is described as a white man between the ages of 18 to 23. He is about five-foot-nine and was wearing a black hoodie and jeans.
- The second suspect is a black man, also between 18 and 23, who is about six-foot-two and was wearing a dark leather jacket.

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Shooting hoops helps newcomers find friends and advice

Coming from the basketball-loving Philippine Islands, Ronald Miranda was happy when he saw the neighbourhood basketball court after arriving in Kitchener, Ontario. Little did he know, the game would help him find new friends who would offer sound financial advice.

It all began when the software engineer came to Canada to accept a job with a high tech company. While Ronald was excited to bring his wife and daughter to North America, reality soon set in. "We didn't know anyone here. We had no family and no idea where to get groceries or other necessities," recalls Ronald.

Fortunately, new friends showed them around, including the local basketball court where their families gathered for Friday night games. The growing roster of players included Cris Santos, a Philippine-native, and Branch Manager at Scotiabank's Courtland Avenue and Shelley Branch, in Kitchener, Ontario.

"The game created an extended family for us," says Cris, who adds that basketball helped ease his own transition to Canada when he arrived seven years ago. "Sports can help build a community for newcomers who share all kinds of first-hand advice and experience."

Off the court, Ronald turned to Cris to understand the banking system and when Ronald saw plans for the perfect four-bedroom home he connected with Cris once again for a mortgage[1] pre-approval.

"I ask newcomers about their goals so that they can start working towards them," says Cris. He suggests that newcomers who plan to settle in Canada should think about buying a home or other longer-term goals. "I tell them about pre-authorized contributions to high interest savings accounts, to save for a down-payment, or Registered Education Savings Plans (RESP)[2], for their children's future," explains Cris, who mentors at the YMCA Cross Cultural and Immigrant Services Centre.

Cris can appreciate how the right advice when starting out makes for long-term success, since he is providing first-hand advice. While Cris and his wife were veteran bankers in the Philippines, they had to learn the Canadian banking system before landing jobs at Scotiabank (Maria Santos is a Personal Banking Manager at 14 Fischer-Hallman Road North in Waterloo).

"Since we were newcomers, we can empathize with others and are able to guide them and provide trusted solutions suited to their needs," adds Cris. For example, The ***Scotiabank StartRight***® Program[3] for Newcomers includes a free day-to-day bank account for one year[4], a wide range of credit card options[5] and a number of other customized services and benefits.

For Ronald, the weekly basketball games enabled his family to build a group of friends who now camp and picnic together, plus a Scotiabank advisor who helped them obtain their new home.

"It started with a small basketball group and the rest is history," remarks Ronald. "Now, when I meet other newcomers, we invite them to play ball and point them to Cris for good advice."

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Good advice from Scotiabank helps Philippine-native Ronald Miranda enjoy court time with his family.



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Loss of bus line worries students

Reaction. Alliance fears limited transit will affect enrolment

Nova Scotia students are part of a growing crowd of citizens concerned over the potential effects of the loss of the Acadian Coach Lines bus route.

Groupe Orléans Express, the parent company of Acadian Coach Lines, announced Tuesday it would shut down its Maritimes service on Nov. 30, leaving many students without their most common mode of transportation.

"The main concern is that the accessibility to affordable and consistent means of transportation is a privilege that students have been now stripped of," said Michelle Lahey, Cape Breton University students' union president.

"Not all students have the privilege of having a car. For instance, if a student is living in New Brunswick, more than likely they are not going to be flying into the Sydney airport. If they wanted to go home for Thanksgiving weekend or another long weekend, they are going to seriously be looking for other means of transportation."

She said these transportation difficulties would apply to international and domestic students, particularly at institutions outside of Halifax, such as CBU, St. Francis Xavier University in Antigonish and Acadia in Wolfville. She said the bus service will end two weeks before the end of Christmas exams.

"That will be an absolute other stress on students of finding that way home on top of examinations."

Lahey said the CBU students' union will work with the Alliance of Nova Scotia Student Associations to find solutions and alternatives.

The alliance fears that limiting mobility will "weigh heavily" in a student's decision to attend a Nova Scotia institution.

CAPE BRETON POST

Compromise

The Alliance of Nova Scotia Student Associations hopes the province will come to a compromise and allow Acadia Lines to continue service in profitable corridors while supporting students and rural communities.



Hovering in mid-air above the crowd

Members of Spring Action entertain the crowd on the Halifax waterfront as part of the Halifax Buskers Festival. The festival wraps up Sunday.

JEFF HARPER/FOR METRO

Traffic infractions

Speeders targeted in traffic blitz: Cops

Halifax police say over 250 tickets were issued in July for speeding and distracted driving. In total, 1,488 tickets were issued. In August, police will focus on the safe sharing of roadways. METRO

Oil exploration

Company granted extension to drill

Petroworth Resources Inc. has been granted a one-year extension to its permit allowing the company to drill an exploration oil well near Lake Ainslie in Cape Breton.

THE CANADIAN PRESS

Northwood Homecare

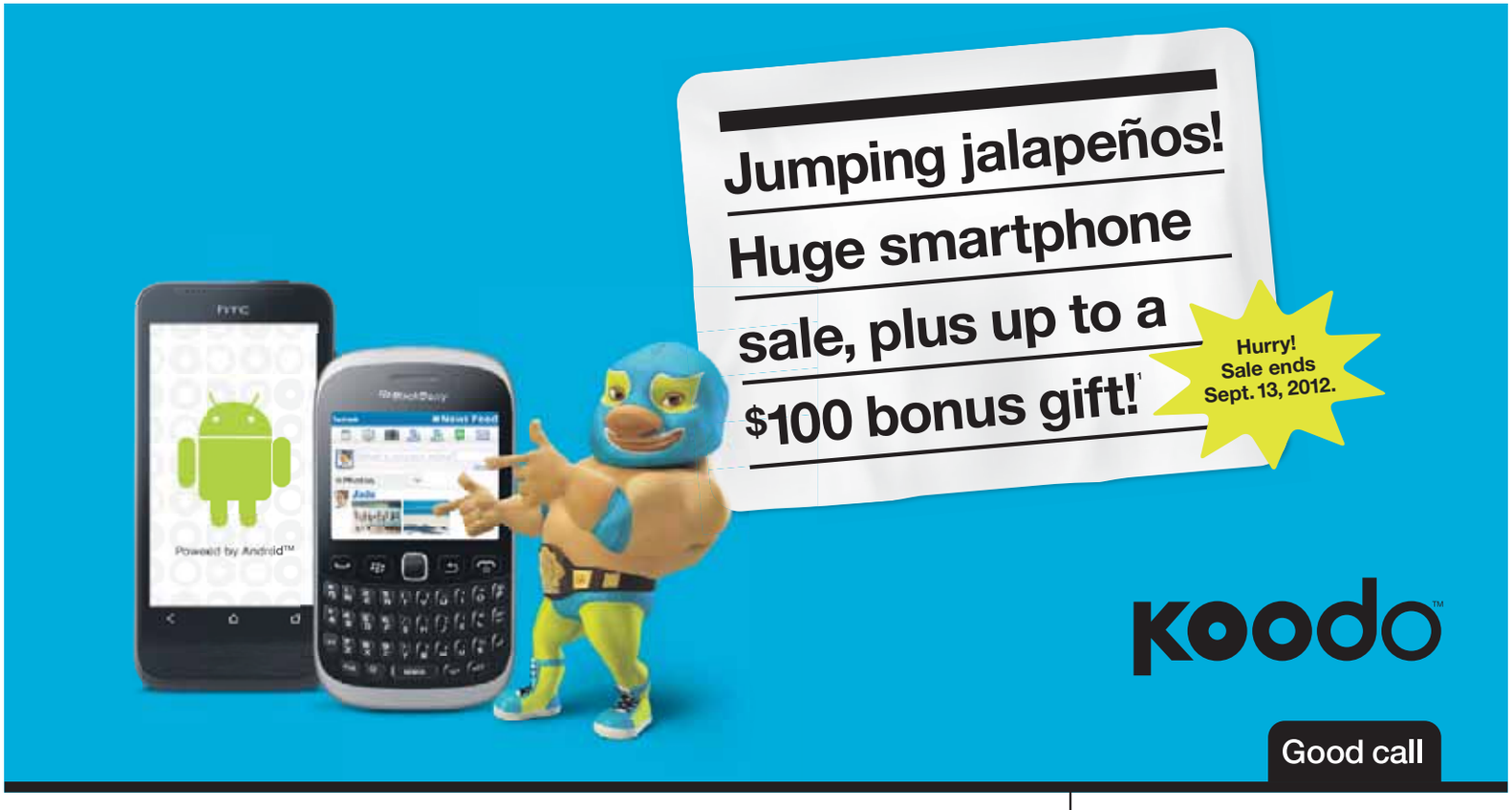
Home-support workers may strike

Some 400 home-support workers could walk off the job Monday after rejecting a contract. Northwood Homecare serves the Halifax area, West Hants, Hantsport and Windsor. THE CANADIAN PRESS

Correction notice

The Historic Farmers' Market is two years old, and the Halifax Seaport Farmers Market is 262 years old. Incorrect information appeared in Thursday's Metro, in the story Home Sweet Home. Metro regrets the error.

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Must pass pregnancy test.
U.S. school changes rule after it's said to have violated law

A U.S. school is changing a policy that kicked pregnant students out of class and required them to be taught at home, the school's board chairman said Wednesday.

No one at Delhi Charter School in rural Louisiana realized there was anything wrong with the policy until the American Civil Liberties Union's state chapter threatened to sue, said chairman Albert Christman.

The policy has gotten "everybody up in a roar," he said.

The school required students who were suspected of being pregnant to take a pregnancy test. If they refused, or tested positive, they had to be home-schooled. The ACLU said the policy violated Title IX of the 1972 federal education law, which requires equal opportunities for both sexes.

Too many schools do not realize pregnant students should receive equal treatment, the National Women's Law Center said in a June report.

"Despite enormous advances for women and girls in education since 1972, schools across the country continue to bar pregnant and parenting students from activities, kick them out of school, pressure them to attend alternative programs, and penalize them for pregnancy-related absences," the law centre said in the report.

Louisiana Department of Education spokesman Barry Landry said he did not know the state's policies for pregnant students.

THE ASSOCIATED PRESS

Teen moms

- Fatima Goss Graves of the National Women's Law Center said she had never seen a school policy "that said you must take a pregnancy test in order to attend school. Or one that pushes, so overtly, students out."
- Albert Christman, the Delhi school board chairman, said "just a handful" of students were affected by the policy, which dates to 2006.



Supporters awaiting Pussy Riot verdict

Masked activists demonstrate in support of members of the feminist punk group Pussy Riot in front of the Russian Embassy in Berlin Thursday. Prosecutors in Russia on Tuesday called for three-year prison sentences for the women who gave an impromptu performance in Moscow's main cathedral to call for an end to Vladimir Putin's rule, in a case that has caused international outrage and split Russian society. OLIVER LANG/DAPD/THE ASSOCIATED PRESS

Surveillance testing

Balloons inflate border-patrol agents' hopes

Something new will soon be floating in the skies above the Texas-Mexico border as federal authorities test balloon-like military surveillance devices to see if they might help with border monitoring. U.S. Border Patrol spokesman Henry Mendiola says the large, tethered devices called aerostats likely will take flight by Friday in the Rio Grande Valley. He could not say how many there would be nor how long testing would last. THE ASSOCIATED PRESS

New York's sex scene

City the buzz kill to vibrator promo

A vibrator giveaway that attracted long lines in New York City came to an abrupt end when the city told the promoters to pack it up. The Trojan condom company set up "Pleasure Carts" on Wednesday in two Manhattan neighbourhoods, and were set to give away 10,000 vibrating sex toys. THE ASSOCIATED PRESS



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Peter Cody-Cox
209-5515



Michael Walling
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Jan Malone
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Russia. PM says someone must take rap for latest bungled space launch

Russia's Prime Minister Dmitry Medvedev said Thursday that this week's failed space launch has dented the nation's prestige and that those to blame must be held responsible.

A Proton-M booster rocket launched Monday failed to place two communications satellites into target orbits, a mishap that followed several other botched launches.

An official investigation is underway.

Medvedev said Thursday the failure could have been caused by "traditional sloppiness."

He says he will chair a government meeting next week to look into the case and name those responsible for the failure.

"We can't tolerate that any longer," Medvedev said at the start of a cabinet session. "We are losing our prestige and billions of rubles."

Russia's space program has suffered a series of humiliating failures blamed on manufacturing flaws and engineering mistakes.

They included the loss of a robotic probe designed to study a moon of Mars that was launched in November and eventually came crashing down in January.

In August 2011, a Soyuz booster rocket failed, raising the prospect of leaving the space outpost unmanned.

THE ASSOCIATED PRESS

Wounded prestige

Officials said the failed launches were rooted in the post-Soviet industrial meltdown that has badly hurt a once-proud space program, stymying its modernization. Despite a steady increase of funding thanks to oil revenues, Russia's space industries continue to rely on outdated equipment and an aging workforce, and quality standards have degraded.

- Recent failures followed other botched launches. Russia lost three navigation satellites in 2010, a military satellite in 2011 and a telecommunications satellite that year.



NASA's photo-snapping rover Curiosity at work on Mars

Curiosity returned another postcard from Mars as it begins a two-year mission. This image provided on Thursday by NASA shows a portion of the first 360-degree colour panorama of the Gale Crater. The panorama was stitched together using thumbnail images taken by the rover's mast camera. Curiosity landed in Gale Crater last Sunday, Aug. 5. The craft is the most complex such rover ever designed, and NASA says it's behaving "basically flawlessly."

NASA/THE ASSOCIATED PRESS

NASA prototype crashes

Would-be moon lander soon to land in scrap heap

A prototype NASA lander crashed and burned in a test flight at Kennedy Space Center in Florida.

NASA says it appears that the methane-powered Morpheus lander is a total loss.

Nobody was hurt in the unmanned test Thursday.

Video shows the spider-like vehicle taking off and seconds later tilting and crashing to the ground. It was built with low-cost equipment.

THE ASSOCIATED PRESS

Five-fold increase

New swine-flu strain linked to fairs

Don't pet the pigs.

That's the message state and county-fair visitors got Thursday from health officials who reported a five-fold increase in cases of a new strain of swine flu that spreads from pigs to people.

Most of the cases are linked to fairs, where visitors are in close contact with infected pigs.

This flu has mild symptoms and it's not really spreading from person to person. Health officials say it's not a pandemic situation. THE ASSOCIATED PRESS

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Iran holds alternative Syria talks

Call it dialogue. Allies stand together amid international pressure for Assad to step down

As Syrian forces struggled to drive rebels from the country's largest city, the regime's key ally Iran tried Thursday to start an alternative political process to address the crisis.

Iran gathered an array of nations ranging from strong supporters of Damascus to far-flung nations a world away from the Syrian civil war.

The one-day forum is unlikely to result in any international consensus, but it shows Iran's resolve to stand by President Bashar Assad as his forces try to crush the 17-month-old uprising.

On Thursday, Syrian rebels said they were low on ammunition but still managed to put up resistance against a regime ground offensive in the city of Aleppo, a centre of fighting for more than two weeks.

Tehran billed Thursday's conference as a way to focus on dialogue — an alternative to Western-led initiatives that call for Assad to give up power.

Iran has said in the past that the Syrian regime's critics fail to take into account violence by the rebels.

"Iran is against the killing of unarmed people and citizens by any side," Iranian Foreign Minister Ali Akbar Salehi said at the gathering.

He also warned that sending weapons to the opposition will only fuel the crisis, and he accused rebels of using civilians as "human shields".

Russia in the past has urged the West to allow Tehran to take part in international discussions on how to settle the Syrian crisis, arguing that the Islamic republic could play an important role.

THE ASSOCIATED PRESS



Nagasaki shines light on nuclear energy

A woman and a boy pray next to lanterns along a river on Thursday, paying tribute to the victims of the atomic bombing in Nagasaki. They were two of the 6,000 people who gathered at a peace park near the epicentre of the 1945 blast, including students and the mayor of one of the towns most affected by last year's nuclear-plant disaster. Japanese officials have pledged to seek a society less reliant on nuclear energy as the country marks the 67th anniversary of the atomic bombing of Nagasaki. KYODO NEWS/THE ASSOCIATED PRESS

Theatre massacre

Suspect is mentally ill: Lawyers

Attorneys for the suspect in the Colorado movie theatre shootings said Thursday their client is mentally ill and that they need more time to assess the nature of his illness.

James Holmes' lawyers made the disclosure at a court hearing in suburban Denver where news media organizations were asking a judge to unseal court documents in the case.

Holmes, a 24-year-old former student at the University of Colorado, Denver, had the familiar, dazed demeanour that he has had in previous court appearances.

Holmes is accused of going on a July 20 shooting rampage at a midnight showing of the latest Batman movie in Aurora, killing 12 people dead and injuring 58 others.

Defence attorney Daniel King made the revelation about Holmes as he argued defence attorneys need more information from prosecutors and investigators to assess their client.

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Daredevil Nik Wallenda performs his tightrope walk above the beach in Atlantic City, N.J., on Thursday.
THE PRESS OF ATLANTIC CITY, SEAN FITZGERALD / THE ASSOCIATED PRESS

Stunt on the beach one very tall order

High tide. Daredevil Wallenda takes another scary stroll, this time unsupported

Quoted

"It felt very slippery."

Nik Wallenda on the tightrope that supported his 100-foot walk.

Like anyone taking a walk on the beach, Nik Wallenda on Thursday found sand in places he didn't want it.

For Wallenda, it was on the tightrope he traversed some 100 feet over the beach.

"It felt really slippery," he said. So slippery that he considered doing the 1,300-foot walk barefoot.

But ultimately, Wallenda decided to keep on the buckskin and suede shoes his mother made him, and he completed the walk without any real difficulties.

For Wallenda, a member of the seventh generation of the famous daredevil family that's been putting on shows for two centuries, it was another in a long line of death-defying feats.

In June, he walked farther — and higher up — over Niagara Falls.

This time, though, he was unharnessed as seagulls flew by, a couple of banner-pulling planes zipped around, boats came to shore so their occupants could watch and all eyes on the beach — save those of a few diligent lifeguards — were looking at Wallenda high above.

Local officials estimated that 150,000 people saw him make the half-hour stroll, step by careful step, in person.

There was expected to be a boon for Atlantic City and the Tropicana Casino & Resort, which put on the event.

The crowd got a preview of the Wallenda Family Experience show opening at the casino on Sunday and the city got a spectacle of the sort it wants as it continues to deal with declining gambling revenue caused largely by the opening of casinos in nearby states.

Noreen Saggese, a teacher from Washington Township, N.J., was staying at the Tropicana with a cousin to celebrate her 59th birthday.

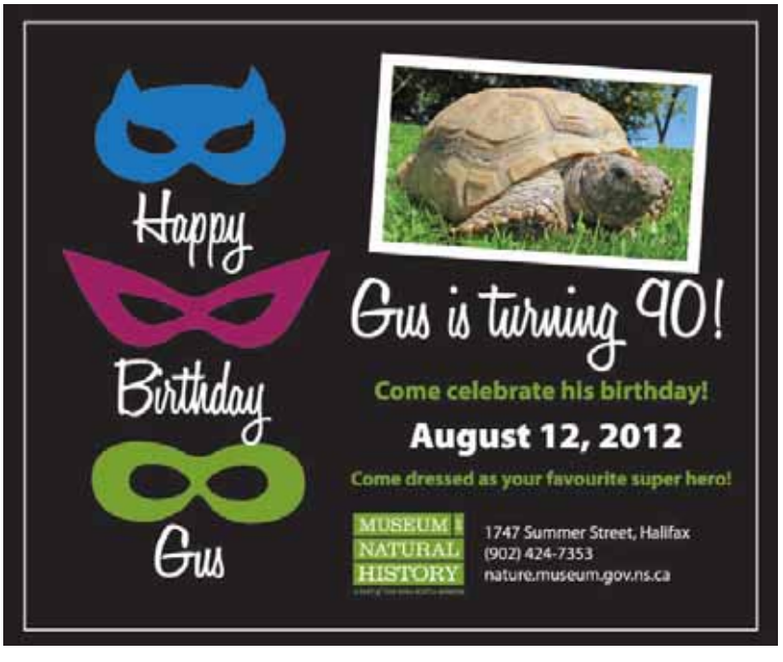
"There's no net and there's no harness," she said as she prepared to watch the walk. "It's thrilling."

After the walk, Wallenda, 33, had a rehearsal for his family's show. But first, he made time for a quick, calm news conference.

Where this walk ranks among his greatest hits? A diplomatic dodge:

"I'll always remember this walk because of the crowd that turned up, that beautiful boardwalk and the sand."

THE ASSOCIATED PRESS







Coalition Avenir Quebec Leader Francois Legault greets members of the public during an election campaign stop in Mirabel, Que., Thursday. GRAHAM HUGHES/THE CANADIAN PRESS

9-to-5 learning would be reality under new party

Quebec election.
Teachers' group greets promise with skepticism, saying it would create logistical problems

There will be a lot less late-afternoon texting and TV watching for Quebec high-school students if a new political party gets its way.

The Coalition Avenir Québec (CAQ, Coalition for Quebec's Future) says it would adjust secondary-school opening hours to 9 a.m. to 5 p.m. if it wins the election, in order to better reflect the schedule of modern families and to help fight the province's high dropout rate.

Leader Francois Legault says he wants to put an end to adolescents going home in the middle of the afternoon and playing video games alone in the house. Instead, they would do extracurricular activities, like sports or cultural classes, or could get help with their homework.

The measure would be implemented over five years and cost $290 million when fully implemented. He said it would be introduced first in poor neighbourhoods with high dropout rates.

He said teachers wouldn't be forced to work an extra hour. Those who choose to, he said, would get a pay raise. Legault said the plan would have to be negotiated with teachers' unions.

For their part, the governing Liberals accuse the Coalition of making promises it can't afford with its cocktail of tax cuts and spending pledges. THE CANADIAN PRESS

Suspect in hammer attack may have given fake identity

When a Spanish tourist was abruptly pummelled in the head by a hammer-wielding stranger on a park bench last week in New York City, there seemed to be little mystery about who attacked him — a suspect was arrested nearby and confessed, authorities said.

But now the case may not be so straightforward: Prosecutors are investigating whether the suspect gave authorities a phoney name after a chess master in Canada told them he believes the man is using his identity.

At the moment, the suspect is being held without bail on attempted murder and other charges relating to the hammer attack. The Manhattan district attorney's office is looking into the false-identity allegation, a person familiar with the case said Wednesday, speaking on condition of anonymity because the person wasn't authorized to discuss the matter publicly.

The tourist, Hugo Alejandre of Barcelona, was eating lunch with his girlfriend in a park near city hall on July 30 when a man sitting next to them pulled out a hammer and started bashing Alejandre on the head and back with it, prosecutors said. Bystanders ultimately wrestled the tool away. Alejandre was treated for a spinal fracture and deep cuts, prosecutors said.

The chess player, John C. Yoos, 43, of Vancouver, says he looked at photos accompanying news stories about the attack, recognized the suspect as an acquaintance from years ago and started calling authorities.

THE ASSOCIATED PRESS

Yoos too?

- The suspect gave police the same name — complete with middle name — and birth date as chess player John C. Yoos.
- Yoos, a U.S. citizen, said he was told the man also gave his Social Security number, though he doesn't know how the man obtained it.

B.C. Court backs probe of police conduct after pregnant woman's death

Two Vancouver police officers who decided not to warn a pregnant woman about a tip that someone was plotting to kill her in the days before she was murdered have lost a court attempt to block an investigation into their conduct.

Det. Const. Craig Bentley and Staff Sgt. John Grywinski were working on the region's integrated gang task force in 2005 when Bentley received a tip that someone was attempting to hire a hitman to kill 21-year-old Tasha Rosette.

The B.C. Supreme Court heard Bentley told Grywinski, his supervisor, but the pair decided to further investigate the tip rather than warn Rosette.

Five days later, Rosette was found stabbed to death outside the door of her apartment in Surrey, southeast of Vancouver. She was stabbed 40 times and her throat was slashed.

Her boyfriend, Amjad Khan, and his alleged accomplice, Naim Mohammed Saghir, were later convicted of murder and conspiracy to commit murder, though the province's Appeal Court overturned those convictions last year and ordered a new trial.

THE CANADIAN PRESS

Victoria to Winnipeg

Stowaway cat returns home

A curious cat named Bandit is back home in Victoria after hitching a ride in a moving van that took him 2,500 kilometres away to Winnipeg.

The Gunderson family moved to Manitoba last week from the B.C. capital.

The driver of their moving truck found the kitty stowaway in a compartment underneath the trailer. Bandit survived the three-day journey with no food or water.

The cat was returned home by plane after the Gundersons contacted the Winnipeg Humane Society. THE CANADIAN PRESS

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'07 Kia Rondo EX (Auto, 90k) $8,998
'09 Volkswagen Jetta (Auto, 38k) SOLD $17,379
'08 Honda CRV LX AWD (Auto, 69k) $16,995
'08 Hyundai Sonta Fe GLS (Auto, 87k) $14,369
'10 Toyota Corolla CE (Auto, 48k) $13,789

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Face-chewer 'ripped me to ribbons': Victim

Investigation. Ronald Poppo tells police his attacker was acting nice before turning 'berserk'

A homeless man whose face was mostly chewed off in a bizarre assault alongside a busy Florida highway told police that his attacker "just ripped me to ribbons."

In a recorded interview with investigators, Ronald Poppo said the man who approached him at first seemed friendly. Then the man, Rudy Eugene, seemed to become angry about something that had happened on Miami Beach, where thousands were partying through the holiday weekend in late May.

"For a while he was acting nice. Then he got flustered. He probably remembered something that happened on the beach and was not happy about it," Poppo said in the interview that was taped July 19 and first reported Wednesday by Miami news station WFOR-TV.

Poppo said Eugene "turned berserk" and attacked with his bare hands, screaming that both men would die.

"He just ripped me to ribbons. He chewed up my face. He plucked out my eyes. Basically, that's all there is to say about it," Poppo said.

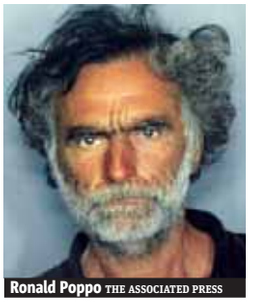
Eugene, 31, was shot and killed by a Miami police officer during the attack. Lab tests found only marijuana in his system.

Poppo, 65, remains in a long-term-care facility after losing an eye, his eyebrows, his nose and parts of his forehead and right cheek in the May 26 attack. His other eye was severely damaged.

Poppo recalled Eugene telling him that his Bible was stolen in Miami Beach and that Poppo was the one who took it. Poppo said he told Eugene he did not have anything, had not been to Miami Beach and "did not antagonize the offender in any way."

Eugene's family has said they can't explain his bizarre behaviour. They described him as a mild-mannered and religious person who smoked marijuana.

THE ASSOCIATED PRESS



Ronald Poppo THE ASSOCIATED PRESS



Tropical storm Ernesto floods Mexico's Gulf coast

A vendor recovers a cooler after high waves swept through Veracruz, Mexico, Thursday. Tropical Storm Ernesto headed into Mexico's southern Gulf coast as authorities in the flood-prone region prepared shelters, army troops and rescue personnel for drenching rains.

FELIX MARQUEZ/THE ASSOCIATED PRESS

Florida shooter to use 'stand your ground' law against murder charge

The U.S. man charged in the fatal shooting of an unarmed black teen that led to national protests will try to have the murder charge dismissed under Florida's "stand your ground" self-defence law, his attorney said Thursday.

George Zimmerman, a neighbourhood-watch volunteer, shot 17-year-old Trayvon Martin after a confrontation in Zimmerman's gated community, where Martin was visiting.

The hearing, which likely won't take place for several months, will amount to a mini-trial involving much of the evidence collected by prosecutors as well as expert testimony from both sides.

Legal experts say it's likely that Zimmerman himself would testify since he is the sole survivor of the Feb. 26 confrontation.

Janet Johnson, a Jacksonville defence attorney who has represented defendants in other "stand your ground" cases, said Zimmerman has a good chance to win his claim if he can also show he was in a place where he had a legal right to be and that he didn't create the danger.

THE ASSOCIATED PRESS

Stand your ground

Under the "stand your ground" law, Circuit Judge Kenneth Lester can dismiss the charges if Zimmerman conclusively shows he fatally shot Martin because he "reasonably believed" he might be killed or suffer "great bodily harm" at the hands of the unarmed teenager.

- The law also says a person has no duty to retreat in the face of such a threat.



Tech tussle

RIM patent lawsuit ruling overturned

Research in Motion says a California judge has overturned a ruling on a patent-infringement case involving mobile-device-management company Mformation Technologies and vacated a $147.2-million US jury award. The BlackBerry-maker added that it is not required to make any payment to Mformation now. THE CANADIAN PRESS

Email scams

Facebook launch phishing email

Facebook has a new email address for people to report scams. Anyone can report malicious emails that pretend to come from the networking site to phish@fb.com. Facebook says it will report scams to outside security companies and notify blacklists that Internet companies keep to block malicious websites. THE ASSOCIATED PRESS

Market Minute

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Google hit with $22.5M fine in privacy case

Record penalty. Tech giant will pay up to settle regulatory case with the U.S. Federal Trade Commission



Google headquarters in Mountain View, Calif. THE ASSOCIATED PRESS FILE

Google will pay a $22.5-million US fine to settle the latest regulatory case questioning the Internet search leader's respect for people's privacy and the integrity of its internal controls.

The penalty announced Thursday by the Federal Trade Commission matches the figure reported by The Associated Press and other media outlets last month. It's the most that the FTC has ever fined a company for a civil violation.

The rebuke resolves the FTC's allegations that Google duped millions of web surfers who use Apple's Safari browser.

Google had assured people that it wouldn't monitor their online activities, as long as they didn't change the browser settings to permit the tracking.

Google broke that promise, according to the FTC, by creating a technological loophole that enabled the company's DoubleClick advertising network to shadow unwitting Safari users. That tracking gave DoubleClick a better handle on what kinds of marketing pitches to show them.

The FTC concluded that the contradiction between Google's stealth tracking and its privacy assurances to Safari users violated a vow that the company made in another settlement with the agency in October.

The settlement also doesn't come with any admission of wrongdoing from Google. THE ASSOCIATED PRESS

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Q2. Wendy's turnaround push starts to take hold

The Wendy's push to transform itself as a higher-end hamburger chain is showing early signs of taking hold.

The Dublin, Ohio-based fast-food company says a key sales figure rose 3.2 per cent in the second quarter, helped by renovated restaurants, new menu items such as the Spicy Guacamole Chicken Club sandwich and a new TV ad campaign.

Sales at restaurants open at least 15 months is a key gauge because it strips out the impact of newly opened and closed locations.

Wendy's said the boost was driven by increased spending per visit, which is in line with its long-term goal of enticing customers to pay more for higher-quality food. But executives noted in a conference call with investors that the company still has a long road ahead.

THE ASSOCIATED PRESS

Restaurant makeover

- To cast itself as a more premium fast-food chain, Wendy's is investing heavily to give its restaurants a fresher look.
- CEO Emil Brolick said the renovations and new restaurants — which will cost $80 million this year — are critical because they "enhance all dimensions of the Wendy's experience."

New leadership

Yahoo CEO mulls shift in direction

Recently hired Yahoo CEO Marissa Mayer may scrap the Internet company's plan to reward its long-tormented shareholders with a multibillion-dollar payout later this year, underscoring the uncertainty accompanying new leadership.

The unexpected twist disclosed in regulatory documents filed Thursday after the stock market closed caused Yahoo shares to drop more than three per cent in extended trading.

THE ASSOCIATED PRESS

Frugal customers eating into sales: Tim Hortons



A server pours a cup of coffee at a Tim Hortons outlet in Toronto.

CHRIS YOUNG/THE CANADIAN PRESS FILE

Fewer coffee breaks?

While profits are still up, popular snack chain may take a hit from flagging consumer confidence

While Tim Hortons' profits and sales continue to improve, Canada's biggest coffee chain says growth may be constrained as frugal consumers — while not prepared to give up their morning java — are cutting back on afternoon snacks.

The chain's 13 per cent improvement in second-quarter earnings may not suggest that Tims is taking a hit from weaker consumer confidence, but it noted that a modest 1.8 per cent increase in Canadian same-store sales reflected "a challenging macro-environment.

Results may have been even better if consumer confidence was stronger, as negative sentiment about the economy has hit companies across the restaurant industry, noted CFO Cynthia Devine.

Devine said that while sales during the morning remain robust, Tims has noticed some softness in sales during the afternoon, a trend that appears to be consistent with a consumer looking to trim spending.

"The consumer, if they've got to cut back a little bit during some of these challenging times, then quite likely it's that snacking day part."

Devine also noted that an unseasonably warm spring may have eaten into afternoon sales.

"You're not coming back in the afternoon for that hot coffee when the climate was what it was."

THE CANADIAN PRESS

Quoted

"When a local economy is impacted, we certainly feel it in our stores."

Tim Hortons CEO Paul House

NOVA SCOTIA ELECTORAL BOUNDARIES
COMMISSION

A Nova Scotia Electoral Boundaries Commission has been established to recommend revisions to the electoral boundaries for the Legislative Assembly of Nova Scotia. The Commission's Revised Interim Report was submitted to the Attorney General on July 20, 2012. Copies of the Revised Interim Report are available at www.nselectoralboundaries.ca.

The Commission will hold public meetings across the province to obtain comment on its Revised Interim Report. The Commission will consider these comments in preparation of its Final Report, due August 31, 2012.

PUBLIC MEETINGS WILL BE HELD AS FOLLOWS:

HALIFAX
Monday, August 13
6-8 p.m.
Atlantica Hotel Halifax
1980 Robie Street

DARTMOUTH
Wednesday, August 15
6-8 p.m.
Holiday Inn Halifax,
Harbourview and Conference Centre
101 Wyse Road

Individuals and organizations wishing to present views to the Commission are invited to attend a public meeting in their area. Please advise the Commission in advance by calling toll-free 1-855-628-5550. Nova Scotians may also express their views on the same toll-free line. Please contact the Commission in advance to discuss any special needs. French interpretation services will be provided at the meetings in Port Hawkesbury, Halifax, Yarmouth and Church Point/Pointe de l'Église.

Written submissions may be presented in person at a public meeting or through any of the following options:

MAIL TO: Nova Scotia Electoral Boundaries Commission, 7037 Mumford Road, Suite 6, Halifax, NS B3L 2J1

ONLINE: E-mail: boundaries@gov.ns.ca, www.nselectoralboundaries.ca

All submissions should be filed with the Commission no later than Friday, August 24, 2012.

Electoral Boundaries Commission / Commission de délimitation des circonscriptions électorales

Please be advised that all submissions (i.e., e-mails, presentations and other papers) forwarded to the Nova Scotia Electoral Boundaries Commission, will be viewed as public documents, and therefore, will be available to the public and may become part of the Commission's published reports.



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THE NUTS & BOLTS OF LIFE & SPORTS



THE LIST
Mike Benhaim
Metro

1 **What Usain?** Does anyone else think it's awesome that the fastest man in the world's real name is Bolt?

2 **Oslo motion.** A Norwegian ref took our women's soccer team's gold-medal chance, and another Norwegian snatched our gold in kayaking. This means war, Norway. Let's see how tough you are when we show up with our trampolines. Yeah, be afraid. Be very afraid.

3 **Jackpot!** Facebook now offers online gambling in the U.K. Starting with online bingo, they plan to work their way up to slots. The site will simply ask the user to confirm that they are aged 18 or over. Which is fair, since everyone knows that gamblers never lie.

4 **Sports in space.** The six astronauts living aboard the International Space Station have been taking time from their busy schedules to watch the 2012 Summer Olympics. I'm not even allowed to use Twitter at work.

5 **Just like us.** A study published this week requiring wild hyenas in Kenya to slide open a bolt latch to get a piece of meat showed that only nine out of 62 hyenas succeeded by using their teeth or flipping the box. This is a huge coup for the science community, which spent countless grant dollars to show that if we ever encounter hyenas, we must pray that it's one of the dumb or lazy ones.

6 **Second-chance Chuck.** Charlie Sheen is back with a new show aptly titled Anger Management. Hey, here's a lesson for the kiddies: Stay away from drugs or you'll end up rich, making movies and TV shows, having frivolous sex with hot actresses and porn stars, and, after publicly humiliating yourself and your entire family, being offered another TV series. Now, is that what you really want?

7 **Palin by comparison.** Bristol Palin will take part in the all-star season of Dancing with the Stars. She says, "I figure the press will talk about me either way. So I may as well be having fun with a good group of people." Actually, I'm only talking about her to ask why anyone would be talking about her at all? Anyone?

8 **Funny Lady.** Barbara Streisand is honouring Canada with her presence once again. Well, not so much Canada as those Canadians who can afford to blow $2,000 on one night's entertainment. But, hey — thanks, Babs.

9 **Snoop Fog.** Here's how it really happened. A few years after converting to Islam, Snoop Dogg takes a spiritual journey to Jamaica (as if there were any other kind). Once there, he converts to Rastafari and decides to retire from hip hop to start producing reggae music. His manager asks: "Are you high?" Snoop says, "No." Manager replies, "Man, you lyin'!" And a new identity, Snoop Lion, is born.

10 **The Entertainer.** We lost a music legend this week. Marvin Hamlisch wrote some of the most recognizable tunes of the last half-century. He also holds the distinction of being the youngest student ever accepted into the Juilliard School, which he started at age seven. He was a rare talent who left us with a repertoire of timeless souvenirs. Thanks Marv.

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LOL: Hyenas can't haz pieces of meat, it seems. DAN KITWOOD/GETTY IMAGES

Sorry sight, sacred for science





TODD R. FORSGREN

Bird photography

Shock value inside 'Birds in nets' art

Looking at these birds haplessly caught in nets is bound to ruffle a few feathers. But in truth these creatures are unharmed in what is a research process used by biologists. Todd Forsgren's provocative images are from a series on mist nets, which ornithologists have used for years to measure and record birds.

MWN

Behind the photos

- **Definition.** Mist nets are used by ornithologists for data that cannot be obtained by using binoculars or microphones.



They "function as huge spider webs, catching unsuspecting birds," Forsgren, shown above, says on his website. The scientist carefully removes the bird from the net. The bird is then measured, aged, sexed and banded with an individually numbered anklet before it is released back into the wild, unharmed.

- **For science.** Forsgren explains the significance, rather than the tragedy, of getting birds tangled in nets. "Most people think the images are tragic if they're not familiar with the mist-netting and bird-banding," he said in an interview with art print website 20x200. "But I hope that they'll come to understand the valuable information that biologists can collect using these techniques."
- **Inspiration.** Forsgren's photographs were inspired by the work of pioneering bird enthusiasts: painter John James Audubon and ornithologist Roger Tory Peterson. "I spent days studying and trying to emulate Peterson and Audubon as a bird-watching teenager," Forsgren said. "John James Audubon's Birds of America, and Roger Tory Peterson's Field Guide to the Birds of Eastern and Central North America were the first pieces of artwork I loved."
- **On critics.** Despite the value of data from mist-net usage, Forsgren understands there will always be detractors of the technique: "For some viewers, no amount of discussion can convince them that the good this contributes to bird populations justifies an hour or two of stress on individual birds."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would a four-day work week encourage you to work harder?



Twitter

@derrekbgn
There are so many pretty girls in Halifax. If you're a single guy, you should shut up and be happy. And please don't break into my car, you'll be greatly disappointed.

@sarahdouglas04
Walked by a very pregnant woman smoking cig outside Gov Place in #Halifax today. #badparent #imjudging

@mylifeasneerol
Why are so many cars getting broken into! Smarten up Halifax.

@LittleMissLes
Ferrying back and forth to halifax for lunch is the closest I'll get to a beach day this summer...

@kforbesy
Canada/Russia series underway in Russia. Can't wait for the games in #Halifax next week.

metro
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Jeremy Renner in The Bourne Legacy. SUBMITTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Bourne delivers on action, not on plot



Richard: Mark, why they didn't call this movie Bourne Again, I'll never know. Jason Bourne may not make an appearance, but it feels like a movie we've seen before — the same shaky camera and frenetic action. The only thing that's changed is that while there's a fair amount of CIA superspy gobbledygook, it's surprisingly light on plot. For a movie about the deepest, darkest workings of secret government agencies the story is really rather simple.

Mark: It's just another chase movie, although they try to disguise it with pseudoscientific bafflegab delivered at record speed. The blue pill? The green pill? Are we in the Matrix yet? That having been said, it's a very good chase movie for the first two-thirds, until it descends into very conventional car chases and the like. Superior acting lifts this movie above the run of the mill CIA stuff. Do you think Jeremy Renner was up to the task? Or should we lobby to bring back Matt Damon?

RC: I liked Renner, but I loved Damon in the role. I enjoyed Renner's performance in The Hurt Locker, but I wonder if he has the stuff to carry a movie on his own. He can run, jump and shoot with the best of them, but I was hoping for more charisma. When he's not in motion chasing after a bad guy or wrestling a wolf, I found him kind of flat. I was more on side with him in the beginning when he played Cross like a junkie who needed to score. After that he became a bland Bond wannabe.

MB: Copy that, Richard. But it was nice to see Ed Norton working again, and some of the small tense roles handled so well by the cast of well-chosen character actors. I liked the slow build of the first 30 minutes, I thought the editing and crosscutting was masterful, and the shootout set piece in the old house was so well done I felt I was right there in that house with the actors. But what's with bringing in the hit man at the end of the movie? How many times have we seen that cliché? Or the extended car chase — a non-thrilla in Manila? And don't even get me started on the ending!

RC: The last 30 seconds felt more like a door slamming shut than an ending.

MB: You know what they say: When a door slams shut, a window opens onto a sequel.

Synopsis

Dovetailing the story from The Bourne Ultimatum, the new film begins with Jason Bourne's appearance in Manhattan outing the CIA's Treadstone/Operation Outcome unit. Before a Senate committee can unearth info on the genetic experiments they conducted on their agents, head honcho Eric Byer (Edward Norton) orders all agents neutralized (assassinated). Among the targets is Aaron Cross (Jeremy Renner), a highly skilled operative who requires chemical enhancement to stay in peak killing form.

- Richard: ●●●○○
- Mark: ●●●○○

SCENE2

On the web

Sesame Street in search of new Latino character

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INFORMATION SESSION - AUGUST 15, 2012

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Location: On Campus, 1577 Barrington Street, Halifax



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Comedy



The Campaign

Director. Jay Roach

Stars. Will Ferrell, Zach Galifianakis

It may be political satire but there isn't a whole lot of effectual social commentary in The Campaign. Instead, Will Ferrell and Zach Galifianakis star as two moronic politicians who relentlessly compete for election votes through everything from sex tape campaign ads to inadvertently punching babies. The inconsistent but engrossing gags only drive any serious political points into the muck. **STEVE GOW**

Comedy



Hope Springs

Director. David Frankel

Stars. Meryl Streep, Tommy Lee Jones, Steve Carell

Streep's Kay, 30 years married and five years untouched, is optimistic that she can save her relationship, despite evidence to the contrary. Her husband Arnold (Jones) has mossed over emotionally and sexually, content to live a cold, separate life. He grudgingly acquiesces to therapy but deflects Dr. Feld's (Carell) advice. The film forgoes histrionics for emotional realism as only these pros can deliver. **ANNE BRODIE**

Quoted

"The masses, when it comes to seeing me in the film, are going to see this and go, 'Whoa!' Some of them are going to say, 'That's the McConaughey I like to see' and a lot of them are going to say, 'I can't believe he did that, I didn't know he would do that, could do that.'"

Matthew McConaughey on his new role as a crooked cop who moonlights as a contract killer in the film Killer Joe

THE CANADIAN PRESS





Billy Crystal. GETTY IMAGES

Many, many Sundays

Billy Crystal. Actor to author book on aging — and might turn it into a stage show

He has lived many, many Sundays. Turning 65 next year doesn't only mean more nap time for Billy Crystal. The actor and comedian is transforming the milestone into a book, and maybe even a stage show.

Crystal has an agreement with Henry Holt and Company for a book that will be part memoir, part meditation — with jokes — about getting older. Crystal said he hoped to have it out around the time the big day arrives, on March 14, 2013.

"There are 77 million of us baby boomers in the country and this book will speak to them and how we look at the world," he said.

The book is currently untitled. "We have a dirty title and a sincere title," he said.

He's considering adapting the book for the stage. Crystal had enormous success with the Tony Award-winning 700 Sundays, his one-man theatre show that paid tribute to his late father with whom Crystal has said he spent 700 Sundays.

Crystal has made a career out of turning his life into comedy. City Slickers was a story of mid-life crisis, and an upcoming film, Parental Guidance, stars Crystal and Bette Midler as grandparents, based on Crystal's experiences with his own grandchildren.

He's also working on a prequel to Monsters Inc. and is a possible candidate for another shot at hosting the Oscars.

THE ASSOCIATED PRESS





THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 10 TO THURS., AUG. 16. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Halifax

Bayers Lake
190 Chain Lake Dr., Bayers Lake
902-876-4800

The Amazing Spider-Man (PG) Dolby Stereo Fri-Mon 1:05-7-10:05 Dolby Stereo Tue 1:05-6:50-9:50 Dolby Stereo Wed-Thu 1:05-7-10:05
The Bourne Legacy (STC) No Passes, Dolby Stereo Fri-Mon 12:55-1:25-3:35-4-6:35-7:30-9:40 No Passes, Dolby Stereo Tue 12:55-3:35-4-6:35-7:30-9:40 No Passes, Dolby Stereo Wed-Thu 12:55-1:25-3:35-4-6:35-7:30-9:40
Brave (PG) Dolby Stereo Fri-Mon 1:20-3:45-7:05-9:30 Dolby Stereo Tue 1:20-3:45-6:45-9:30 Dolby Stereo Wed-Thu 1:20-3:45-7:05-9:30
The Campaign (STC) No Passes, Dolby Stereo Fri-Sun 12:40-1:45-3:05-4-6:55-7:55-9:10-10:10 No Passes, Dolby Stereo Mon 12:40-1:45-3:05-4-6:55-7:15-9:10-10:10 No Passes, Dolby Stereo Tue 12:40-1:45-3:05-4-7:05-7:20-7:55-9:25-10:20 No Passes, Dolby Stereo Wed-Thu 12:40-1:45-3:05-4-6:55-7:55-9:10-10:10
The Dark Knight Rises (STC) Dolby Stereo Fri-Sun 2:40-3:15-7:15-7:35 Dolby Stereo Mon 2:40-3:15-7:35-9:35 Dolby Stereo Tue 2:40-3:15-7:20-7:35 Dolby Stereo Wed-Thu 2:40-3:15-7:15-7:35
Diary of a Wimpy Kid: Dog Days (STC) Dolby Stereo Fri-Mon 1-3:25-6:45-9:05 Dolby Stereo Tue 1-3:25-6:25-9:05 Dolby Stereo Wed-Thu 1-3:25-6:45-9:05
Hope Springs (STC) No Passes, Dolby Stereo Fri-Mon 1:10-4:30-7:20-9:55 No Passes, Dolby Stereo Tue 1:10-4:30-7:15-9:55 No Passes, Dolby Stereo Wed-Thu 1:10-4:30-7:20-9:55
Ice Age: Continental Drift (STC) Dolby Stereo Fri-Thu 12:35-3
Ice Age: Continental Drift 3D (STC) Dolby Stereo Fri-Mon 6:30-9 Dolby Stereo Tue 6:15-9 Dolby Stereo Wed-Thu 6:30-9
Madagascar 3: Europe's Most Wanted (G) Dolby Stereo Fri-Thu 1:55-4:10
Step Up Revolution 3D (STC) Dolby Stereo, Stadium Seating Fri-Mon 1:30-3:55-6:50-9:20 Dolby Stereo, Stadium Seating Tue 1:30-3:55-6:40-9:15 Dolby Stereo, Stadium Seating Wed-Thu 1:30-3:55-6:50-9:20
Ted (14) Dolby Stereo Fri-Mon 1:35-4:05-7:45-10:15 Dolby Stereo Tue 1:35-4:05-6:50-10:15 Dolby Stereo Wed-Thu 1:35-4:05-7:45-10:15
Total Recall (STC) No Passes, Dolby Stereo Fri-Mon 1:40-2-4:10-4:25-7:10-7:40-10 No Passes, Dolby Stereo Tue 1:40-2-4:10-4:25-7:10-7:40-10:05-10:25 No Passes, Dolby Stereo Wed-Thu 1:40-2-4:10-4:25-7:10-7:40-10
The Watch (18) Dolby Stereo Fri-Mon 7:50-10:15 Dolby Stereo Tue 7:50-10:30 Dolby Stereo Wed-Thu 7:50-10:15

Imax
190 Chain Lake Dr., Bayers Lake
902-876-4800

The Dark Knight Rises: The IMAX Experience (STC) Stadium Seating, Dolby Stereo Fri-Thu 12:30-4:15-8

Oxford Theatre
6408 Quinpool Rd.
902-423-7488

Beasts of the Southern Wild (STC) Dolby Stereo Digital Fri 6:45-9 Dolby Stereo Digital Sat-Sun 4:30-6:45-9 Dolby Stereo Digital Mon-Thu 6:45-9

Park Lane
5657 Spring Garden Rd.
902-423-4860

The Bourne Legacy (STC) Stadium Seating Fri-Sun 1:10-3:30-6:30-9:10 Stadium Seating Mon 3:30-6:30-9:10 Stadium Seating Tue 3:30-6:30-9:15 Stadium Seating Wed-Thu 3:30-6:30-9:10
The Campaign (STC) No Passes, Stadium Seating Fri-Sun 1:30-4-7:10-9:40 No Passes, Stadium Seating Mon 4-7:10-9:40 No Passes, Stadium Seating Tue 4-7:15-9:45 No Passes, Stadium Seating Wed-Thu 4-7:10-9:40
The Dark Knight Rises (STC) Stadium Seating Fri-Sun 1:45-3-6:20-7:20-9 Stadium Seating Mon 3:45-6:20-7:20-9 Stadium Seating Tue 3:45-6:20-7:30-9 Stadium Seating Wed 9 Stadium Seating Thu 3:45-7:20
Diary of a Wimpy Kid: Dog Days (STC) Stadium Seating Fri-Sun 1:40-4:05-6:35-9:45 Stadium Seating Mon 4:05-6:35-9:45 Stadium Seating Tue 4:05-6:35-9:50 Stadium Seating Wed 4:05-6:35-9:45 Stadium Seating Thu 4:05-6:35
Hope Springs (STC) Stadium Seating Fri 1:20-3:50-6:45-9:30 Stadium Seating Sat 1:20-3:50-9:10-9:30 Stadium Seating Sun 1:20-3:50-6:45-9:30 Stadium Seating Mon-Thu 3:50-6:45-9:30
The Odd Life of Timothy Green (STC) Stadium Seating Wed-Thu 3:55-7:05-9:35
Ruby Sparks (STC) Stadium Seating Fri-Sun 1:05-4:10-6:50-9:25 Stadium Seating Mon-Wed 3:35-6:50-9:25 Stadium Seating Thu 3:35-6:50-9:45
Teenage Mutant Ninja Turtles (STC) Stadium Seating Thu 9:15
Total Recall (STC) No Passes, Stadium Seating Fri-Sun 1-3:40-6:40-9:20 No Passes, Stadium Seating Mon 3:40-6:40-9:20 No Passes, Stadium Seating Tue 3:40-7-10 No Passes, Stadium Seating Wed 3:40-9:35 No Passes, Stadium Seating Thu 3:40-6:40-9:20

Lower Sackville

Lower Sackville
760 Sackville Dr., Downsview Plaza
902-869-2022

The Bourne Legacy (STC) Dolby Stereo, No Passes, Stadium Seating Fri 6:40-9:10 Dolby Stereo, No Passes, Stadium Seating Sat-Sun 2:35-6:40-9:10 Dolby Stereo, No Passes, Stadium Seating Mon-Thu 6:40-9:10
The Campaign (STC) Dolby Stereo, No Passes, Stadium Seating Fri 7-9:35 Dolby Stereo, No Passes, Stadium Seating Sat-Sun 2:45-7-9:35 Dolby Stereo, No Passes, Stadium Seating Mon-Thu 7-9:35
The Dark Knight Rises (STC) Dolby Stereo, Stadium Seating Fri 7:10 Dolby Stereo, Stadium Seating Sat-Sun 3-7:10 Dolby Stereo, Stadium Seating Mon-Thu 7:10
Diary of a Wimpy Kid: Dog Days (STC) Dolby Stereo, Stadium Seating Fri 7:05-9:25 Dolby Stereo, Stadium Seating Sat-Sun 2:20-7:05-9:25 Dolby Stereo, Stadium Seating Mon-Thu 7:05-9:25
Hope Springs (STC) Dolby Stereo, Stadium Seating Fri 6:35-9 Dolby Stereo, Stadium Seating Sat-Sun 2:15-6:35-9 Dolby Stereo, Stadium Seating Mon-Thu 6:35-9
Ice Age: Continental Drift (STC) Dolby Stereo, Stadium Seating Sat-Sun 2:30
The Odd Life of Timothy Green (STC) Dolby Stereo, No Passes, Stadium Seating Wed-Thu 6:45-9:05
Ted (14) Dolby Stereo, Stadium Seating Fri-Tue 6:30-8:55
Total Recall (STC) Dolby Stereo, No Passes, Stadium Seating Fri 6:50-9:30 Dolby Stereo, No Passes, Stadium Seating Sat-Sun 2:50-6:50-9:30 Dolby Stereo, Stadium Seating Mon-Thu 6:50-9:30



Total Recall. HANDOUT

Dartmouth

Dartmouth Crossing
145 Shubie Dr., Dartmouth Crossing
902-481-3251

The Bourne Legacy (STC) Stadium Seating, No Passes Fri 3:50-6:50-10 Dolby Stereo Digital, Stadium Seating, No Passes Fri 2:40-6:20-9:35 Stadium Seating, No Passes Sat-Sun 12:40-3:50-6:50-10 Dolby Stereo Digital, Stadium Seating, No Passes Sat-Sun 1:50-6:20-9:35 Stadium Seating, No Passes Mon-Thu 3:50-6:50-10 Dolby Stereo Digital, Stadium Seating, No Passes Mon-Thu 2:40-6:20-9:35
The Campaign (STC) Dolby Stereo Digital, Stadium Seating, No Passes Fri 4:30-7:30-10:05 Dolby Stereo Digital, Stadium Seating, No Passes Sat-Sun 1:20-4:30-7:30-10:05 Dolby Stereo Digital, Stadium Seating, No Passes Mon-Thu 4:30-7:30-10:05
The Dark Knight Rises (STC) Stadium Seating, Dolby Stereo Digital Fri 2-2:50-7:20-7:50 Stadium Seating, Dolby Stereo Digital Sat-Sun 12:30-2-4:10-7:20-7:50 Stadium Seating, Dolby Stereo Digital Mon-Thu 2-2:50-7:20-7:50
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Ice Age: Continental Drift (STC) Stadium Seating, Dolby Stereo Digital Fri 2:20-7-9:20 Stadium Seating, Dolby Stereo Digital Sat-Sun 1:10-3:35-7-9:20 Stadium Seating, Dolby Stereo Digital Mon-Thu 2:20-7-9:20
The Odd Life of Timothy Green (STC) Dolby Stereo Digital, Stadium Seating Wed-Thu 4:35-7:05-9:50
Step Up Revolution (STC) Stadium Seating, Dolby Stereo Digital Thu 4:05-10
Step Up Revolution 3D (STC) Stadium Seating, Dolby Stereo Digital Fri 4:05-7:40-10 Stadium Seating, Dolby Stereo Digital Sat-Sun 1:40-4:45-7:40-10 Stadium Seating, Dolby Stereo Digital Mon-Wed 4:05-7:40-10
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Total Recall (STC) Dolby Stereo Digital, Stadium Seating, No Passes Fri 3:55-6:35-9:25 Dolby Stereo Digital, Stadium Seating, No Passes Sat-Sun 12:50-3:45-6:35-9:25 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:55-6:35-9:25
The Watch (18) Dolby Stereo Digital, Stadium Seating Fri 4:40-7:15-9:55 Dolby Stereo Digital, Stadium Seating Sat-Sun 1:20-4:35-7:15-9:55 Dolby Stereo Digital, Stadium Seating Mon-Tue 4:40-7:15-9:55

Truro

Truro
20 Treaty Trail, Millbrook
902-895-8020

The Bourne Legacy (STC) Digital, Dolby Stereo, No Passes, Stadium Seating Fri-Sun 2:30-6:30-8:50 Digital, Dolby Stereo, No Passes, Stadium Seating Mon 6:30-8:50 Digital, Dolby Stereo, No Passes, Stadium Seating Tue 2:30-6:30-8:50 Digital, Dolby Stereo, No Passes, Stadium Seating Wed-Thu 6:30-8:50
The Campaign (STC) Digital, Dolby Stereo, Stadium Seating, No Passes Fri-Sun 3-6:45-9:25 Digital, Dolby Stereo, Stadium Seating, No Passes Mon 6:45-9:25 Digital, Dolby Stereo, Stadium Seating, No Passes Tue 3-6:45-9:25 Digital, Dolby Stereo, Stadium Seating, No Passes Wed-Thu 6:45-9:25
The Dark Knight Rises (STC) Digital, Dolby Stereo, Stadium Seating Fri-Sun 2:40-7:15 Digital, Dolby Stereo, Stadium Seating Mon 7:15 Digital, Dolby Stereo, Stadium Seating Tue 2:40-7:15 Digital, Dolby Stereo, Stadium Seating Wed-Thu 7:15
Diary of a Wimpy Kid: Dog Days (STC) Digital, Dolby Stereo, Stadium Seating Fri-Sun 2:55-6:35-9:30 Digital, Dolby Stereo, Stadium Seating Mon 6:35-9:30 Digital, Dolby Stereo, Stadium Seating Tue 2:55-6:35-9:30 Digital, Dolby Stereo, Stadium Seating Wed-Thu 6:35-9:30
Hope Springs (STC) Digital, Dolby Stereo, Stadium Seating Fri-Sun 2:50-6:40-9:05 Digital, Dolby Stereo, Stadium Seating Mon 6:40-9:05 Digital, Dolby Stereo, Stadium Seating Tue 2:50-6:40-9:05 Digital, Dolby Stereo, Stadium Seating Wed-Thu 6:40-9:05
Ice Age: Continental Drift (STC) Digital, Stadium Seating, Dolby Stereo Fri-Sun 2:35-7 Digital, Stadium Seating, Dolby Stereo Mon 7 Digital, Stadium Seating, Dolby Stereo Tue 2:35-7
The Odd Life of Timothy Green (STC) Digital, Dolby Stereo, No Passes, Stadium Seating Wed-Thu 6:55-9:20
Total Recall (STC) Dolby Stereo, Digital, No Passes, Stadium Seating Fri-Sun 2:45-6:50-8:55 Dolby Stereo, Digital, Stadium Seating Mon 6:50-8:55 Dolby Stereo, Digital, Stadium Seating Tue 2:45-6:50-8:55 Dolby Stereo, Digital, Stadium Seating Wed-Thu 6:50-8:55
The Watch (18) Digital, Dolby Stereo, Stadium Seating Fri-Tue 9:15

Bridgewater

Bridgewater
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The Bourne Legacy (STC) No Passes Fri 6:30-9:10 No Passes Sat-Sun 2:35-6:30-9:10 No Passes Mon-Thu 6:30-9:10 The Campaign (STC) No Passes Fri 7:15-9:35 No Passes Sat-Sun 2:50-7:15-9:35 No Passes Mon-Thu 7:15-9:35 The Dark Knight Rises (STC) Fri 7:20 Sat-Sun 2:40-7:20 Mon-Thu 7:20 Diary of a Wimpy Kid: Dog Days (STC) Fri 7-9:15 Sat-Sun 3-7-9:15 Mon-Thu 7-9:15
Hope Springs (STC) Fri 6:50-9:30 Sat-Sun 3:20-6:50-9:30 Mon-Thu 6:50-9:30
Ice Age: Continental Drift (STC) Fri 7:05-9:25 Sat-Sun 3:10-7:05-9:25 Mon-Tue 7:05-9:25
The Odd Life of Timothy Green (STC) Wed-Thu 7:05-9:25
Total Recall (STC) No Passes Fri 6:40-9:20 No Passes Sat-Sun 2:30-6:40-9:20 Mon-Thu 6:40-9:20



Anna Kendrick won role on her talent, not rep

Role in ParaNorman. Producers had no idea she was one of the stars of Twilight, just liked the way she sounded and acted

NED EHRBAR
scene@metronews.ca

Anna Kendrick assumed she got her part in ParaNorman — as the title character's obnoxious older sister — because of her work in the Twilight series. But that wasn't exactly the case. Luckily, the Oscar-nominated actress knows how to take even the most awkward of compliments.

When you're cast to do a voice for a character some could describe as annoying, how do you take that?
Well, it was funny because actually I had assumed this was the first job offer I'd ever gotten because of Twilight. Because everything else is sort of based on Rocket Science or Up in the Air — and now 50/50 and so on and so forth. This is such a different character that I thought this has to be based on my character in Twilight. I asked them about it, and they said they'd never seen Twilight and they just heard my voice in an interview and thought it would be good, and I was like, "I don't know how to take that at all. Thank you, I think?" You know, I was like playfully offended.


Anna Kendrick has done lots more than just Twilight. GETTY IMAGES

Quoted

"They said they had never seen Twilight and they just heard my voice in an interview and thought it would be good."

Anna Kendrick. Oscar-nominated actress
Explains why she was surprised she was picked to audition for ParaNorman.

Did you make it up to the Laika studio in Oregon?
All my (voice recording) sessions were in L.A., but I did make a special trip up to Laika just to see the sets, and I saw them when they were being taken apart so I got to kind of walk around in them, and that was really special. So I did miss seeing something actually filmed, which was disappointing, but all the other actors were jealous that I got to walk through and take pictures, like, inside the set — as a 50-foot woman.

Did you take anything with you, like slip a tree in your pocket or something?
Oh, no. I considered it, but I thought I'd get in trouble. They gave me a mini bust of Courtney, which is hilarious because she's so silly, and to have this really stately bust of her on my bookshelf is great. She's got a lot of ... physicality to work with. It's like she's a force of nature in a moody, volatile, teenage way.

After starting in theatre, you made your move to film with the Camp almost 10 years ago.
That was a really special first experience to have, and I'm really glad that it worked out that way because I think if I'd been plopped into a normal film set, I think I would've been utterly bewildered and terrified. The fact that it was about musical theatre and we were all first-time film actors just made it a really easy environment to ask questions and understand the process of filmmaking, and I think it really made me embrace filmmaking and the physical limitations of filmmaking as a kind of challenge. And I've seen a lot of actors get really frustrated and angry when they realize they can't do what they thought they were going to do because, you know, you're going to be out of frame, dude. I've watched actors become instantly jaded by that, as though this isn't really art. But to me it just felt like it's just a new art form.

And you're singing again in Pitch Perfect this fall.
I never really know what to say about it. It's funny because I geeked out extra hard when we got there and we were learning all the music. I live for that s—. Once I got there, I was like, "This is the best thing ever!" I was like a pig in mud, just bathing in dorkiness.

Did you find any added pressure when looking for roles after your Oscar nomination?
It's interesting because I absolutely felt that way at first coming off of it. I felt as though I was trying to shape a hypothetical career and make all these kind of moves — like make the "right" moves. And that was just a really silly, stressful way to go about doing it. And once I started just choosing projects based on "Do I want to work with these people?" "Will it be fun to get up in the morning and do it for 12 hours straight" and "Am I excited about it?" it was like, that's exactly how I should be doing this. And I've been having a lot more fun doing that instead of fretting over is this the "right thing to do"? Is this part of the plan?


Laika Studios' ParaNorman is a stop-action animated comedy about a lonely little boy who just happens to be able to speak with the dead. HANDOUT

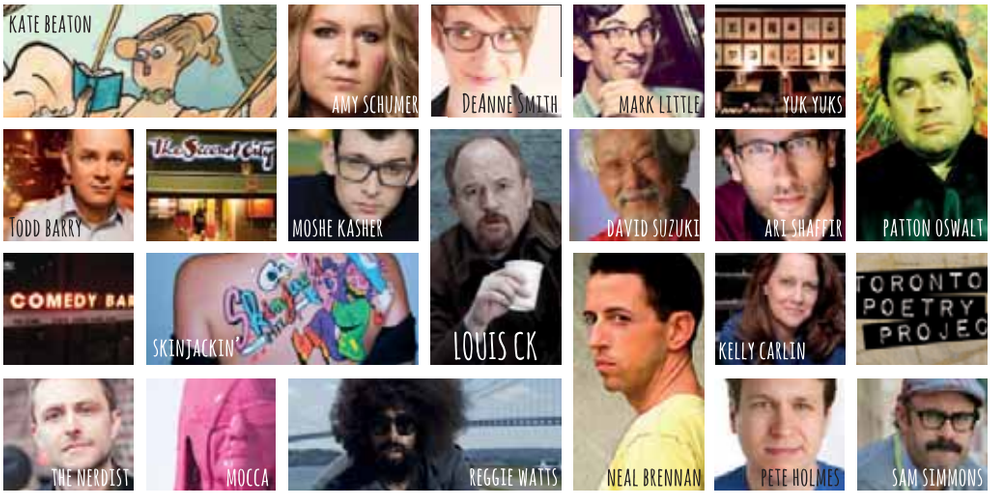
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A Just For Laughs and Live Nation Production

Lundgren lured back to Expendables cast because his role is 'fun' to play

Character written specifically for him.
Veteran action star sees a lot of himself and his own past in his expanded role

NED EHRBAR
scene@metronews.ca


Sylvester Stallone (centre) managed to overcome initial reluctance by Dolph Lundgren (far right) to be in The Expendables 2 by customizing his role. HANDOUT

It's no secret that '80s action film star Dolph Lundgren also has a degree in chemical engineering and gave up a Fullbright scholarship to MIT to become a bodyguard for Grace Jones and eventually an actor. By complete coincidence, in The Expendables 2 we learn that his mercenary character, Gunnar, gave up studying chemical engineering at MIT to become a bouncer at a club and shack up with an exotic girlfriend. How convenient.

Whose idea was it to make your character's backstory your own backstory?
That was (Sylvester) Stallone. I had reservations about the original script on the second (movie). My character had been so fun to play in the first one. That was the reason I did the movie, and it felt like everyone seemed happy with it. Then in the second one, my character was just like a regular guy in the back with the rest of them, like, "Hey, can I throw a grenade? Can I kill someone, please?" And I didn't like that. I didn't want to make the picture — actually, I did turn it down. So then Stallone kind of came to me and said, "I'm going to think of something," and he came up with a couple of ideas. This was one.

Did you have a say in exactly how much his story matches yours?
It was all in there. I was a bouncer, and it had to do with Grace (Jones) — he fell in love with some girl who dances at a disco, which is kind of like Grace and the whole thing, right? Look, Sly made a career out of making his whole life into movies and it worked for him, so I did a little bit for me, I guess, and I guess it worked pretty well.

Was it common for you guys to slip in Stallone impressions on set when he wasn't around?
Yeah, and the Arnold (Schwarzenegger) one, too. "I'll be back" (laughs). I was at Comic-Con with them, and you're sitting at the panel with Arnold and Stallone, and you just don't say a word because what are you going to do? These guys are so famous that they're like almost beyond famous.

When you're bringing in all these new characters, beefing up the cast, is there a worry that you're going to get crowded it out?
Yes, I think it weighs on you incredibly. Part of the filmmakers' and the writers' task is how do you give 10 co-stars enough screen time for them not to get upset or feel like they're getting lost — or for the audience to get their dose of Chuck (Norris) or whoever they want to see, Dolph Lundgren or Terry Crews or Stallone — well, Stallone gets a lot of screen time (laughs).

How have things changed for you since the first Expendables?
Well, it's changed in many ways. It's strange, because I think back on my life, and you have certain years you remember, like when I moved from Sweden to Australia. I remember when Rocky 4 came out, that was a big year. Then I had the year I got married. And then in 2010, Expendables came out, I got divorced, I moved back to L.A., I met my current girlfriend, I did this Eurovision Song Contest thing in Sweden.


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MIKASA swatch


Jay-Z and Beyoncé

Jay-Z, Beyoncé top power couple financial list

Forbes magazine has yet another list for measuring celebrity wealth, and this time it's the Highest Paid Celebrity Couples.

Topping the list are Beyoncé and Jay-Z, with an estimated combined income last year of $80 million.

Tom Brady and Gisele Bundchen, who topped the list last year, come in at No. 2 with $42 million, while David and Victoria Beckham sit at No. 3 with $54 million.

Brad Pitt and Angelina Jolie, who hold the fourth spot, earned $45 million last year.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A delayed X Files romance?

THE WORD
Monica Weymouth
scene@metronews.ca



Earlier this week, Gillian Anderson parted ways with her longtime boyfriend and father of her two sons, Mark Griffiths.

She's not exactly a to-death-do-we-part type of girl — she's previously married and divorced twice — but rumors are swirling that there are special circumstances to this split.

According to gossip blog Celebrity Dirty Laundry, the actress is dating her former X Files costar, the recently officially single David Duchovny.

Sources tell the site they "have been in a serious relationship for some time now," and that Anderson and her children have already moved in with Duchovny in Los Angeles.

Before you X Files fans get too excited, a word from Duchovny's rep: "It is not true," he says in a terse statement.

The thing is, we should probably believe him. But on behalf of all the Scully and Mulder goldfish couples out there, we're not giving up hope just yet.

Pattinson opens line of communication — in the form of a drunk-dial

Robert Pattinson has reportedly started reaching out to estranged girlfriend Kristen Stewart — but not in the healthiest of ways.

"He's been drinking like crazy," a source tells In Touch magazine. "He's been drunk-dialing Kristen." Pattinson had reportedly been giving Stewart the silent treatment in the wake of revelations of her infidelity, but apparently now he's looking to talk — sort of.

"Rob had been avoiding her calls, but now they're talking — well, they're barely talking," the source says. "There's a lot of dead silence on the phone because there's not a lot to talk about."

Twitter


@AnnaKendrick47
Every Olympics some poor reporter has to take a "gymnastics lesson." How drunk do you think they get just to face going into work that day?


@CarrieFFisher
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@SethMacFarlane
So, we're all still totally fired up about that Kony thing, right?


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This recipe serves four. SHAPE.COM

Give them a delicious reason to say 'Opa!'

Pan-Sautéed Salmon Over Mediterranean Vegetables. This healthy recipe is inspired by some popular Greek flavours

The ancient Greek physician Hippocrates stated, "Let thy food be thy medicine and thy medicine be thy food".

Hippocrates, the father of modern medicine, used spices and herbs from the Greek countryside for his medical healing.

Greeks have been cooking on the open grill for thousands of years. They are famous for both their grilled vegetables and their grilled fish. Grilling is also one of the healthiest ways of cooking food.

Main ingredients of Greek cuisine are olive oil, vegetables and herbs, grains and bread, wine, fish, and various meats. Also important are olives, feta cheese, eggplant, courgette (zucchini), and yogurt. Greek desserts are characterized by nuts and honey.

This heart-healthy Mediterranean recipe helps you get your vegetables in, along with providing a nice amount of fibre and omega-3s.

1. Heat 1/2 teaspoon of oil in a small non-stick skillet over low heat. Add prosciutto. Sauté for 5 minutes, or until crispy. Stir in garlic; turn off heat.

2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add onion and mushrooms and sauté for 8-10 minutes, or until golden. Stir in tomatoes and cook for 3 minutes. Add spinach and basil and cook for 3 more minutes. Stir in prosciutto-garlic mixture. Cover; keep warm. Season salmon fillets with salt and pepper.

3. Heat remaining 1/2 teaspoon of oil in the same skillet used to cook prosciutto over medium heat. Add salmon, skin-side down. Cook, covered, for 10-12 minutes or until fish flakes easily. Use a spatula to loosen fish from its skin, which will stick to skillet.

4. Divide vegetables among 4 plates, top with salmon and serve immediately.

TASTE OF THE DANFORTH/SHAPE.COM

Ingredients

Start to finish: 30 minutes

- 3 olive oil, divided
- 2 prosciutto, diced
- 3 fresh garlic, minced
- 1 1/2 red onion, chopped
- 10 button mushrooms, stems removed, caps thinly-sliced
- 4 plum tomatoes, cored and diced
- 4 (packed) spinach leaves, chopped
- 1 fresh basil leaves, torn
- 4 4-oz salmon fillets, about 1-inch thick
- Salt and freshly ground black pepper to taste

Liquid Assets

Greece in a wine glass



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

When it comes to undiscovered wine countries, Greece is the word.

While you could make a decent argument for China and somewhere obscure in South America or Eastern Europe, the Greeks are often credited for getting the wine industry rolling by being the first to ferment grape juice a few centuries ago.

Problem is, Greek wines come with more baggage than a family holiday with the Kardashian sisters.

Though the good stuff is Mediterranean in style, I'm betting the only wine you've ever tried from Greece is the polarizing, pine-resonated Retsina — which has a taste that can only be acquired after copious shots of Ouzo.

As if freaky flavours aren't enough of a problem, the old adage "It's all Greek to me" certainly applies to most of the country's wine labels. Even if you can pronounce a word with five vowels, you would still need a UN translator to understand what it means.



Selection varies dramatically across the country so it's hard to recommend a go-to wine. Look for one made by one of its better producers (Boutari or D. Kourtakis) and with one of its endogenous classic grapes — agiorgitiko for red and moschofilero for white.

"Opa!"

LIFE

On the Web

Cajun-style potato chips? How about crab seasoning? The U.S. is a land of many chip varieties





This recipe serves four. THE CANADIAN PRESS H/O

Gluten-free tartlets celebrate end of local strawberry season

Local strawberries star in these sweet and creamy tartlets with liqueur that happen to be gluten-free.

1. Heat oven to 190 C (375 F).

2. In a food processor, pulse together walnuts, butter, maple syrup and brown sugar until crumbly. Divide mixture among four 10-cm (4-inch) non-stick tart shell moulds, pressing evenly into bases.

3. Bake for 13 to 15 minutes until fragrant and golden brown. Let cool and remove from moulds.

4. In a medium bowl, combine strawberries with liqueur; spoon 50 ml (1/4 cup) into the base of each tart.

5. Pipe or spoon 50 ml (1/4 cup) of the whipped cream onto each tart and top with large strawberries. Serve immediately.

THE CANADIAN PRESS/ CALIFORNIA WALNUTS, WALNUTINFO.COM

Ingredients

- 375 ml (1 1/2 cups) walnut pieces
- 30 ml (2 tbsp) butter, softened
- 15 ml (1 tbsp) maple syrup
- 15 ml (1 tbsp) brown sugar
- 250 ml (1 cup) diced strawberries
- 30 ml (2 tbsp) Grand Marnier liqueur
- 125 ml (1/2 cup) whipping cream, whipped
- 4 large strawberries, for garnish

Strawberry Sauce. Serve it over ice cream, cake or savoury eats like pork



1. In a food processor, puree berries, sugar, water and lemon juice until smooth.

2. Turn into a medium saucepan. Simmer over medium heat, stirring occasionally, until sugar is completely dissolved and sauce is slightly translucent, about 3 minutes. Let cool; freeze in an airtight container. THE CANADIAN PRESS/FOODLAND ONTARIO

Ingredients

- 500 ml (2 cups) sliced locally grown strawberries
- 45 ml (3 tbsp) granulated sugar
- 30 ml (2 tbsp) water
- 10 ml (2 tsp) lemon juice

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MIX OF SIX
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Folks, head down to the harbour

Folk music is at the heart of every Nova Scotian and for 27 years, Lunenburg has been host to the longest-running folk festival in the province. Spanning from Blockhouse Hill to the Fisheries Museum the historic port will be a buzz with both traditional and contemporary folk music. What's the difference? No idea. But we have until Sunday to find out!

VISIT LUNENBURGNS.COM



Blues, bikes, and BBQ

Truro may be the place to be this weekend. With musicians like blues legend James Cotton, Shirley King – daughter of B.B. King, and John Oats, of Hall and Oats the 8th annual Dutch Mason Blues Festival is three full days that pay tribute to "Canada's Prime Minister of the Blues". The weekend also includes amazing BBQ as well as a custom motorcycle show.

VISIT DUTCHMASON.COM



Brew it up

Putting some class in that pint, this weekend marks the sixth annual Halifax Seaport Beerfest. With over 200 craft beers to sample, hand selected by festival co-creator, Brian Titus, this beer connoisseur trusts he has several interesting brews up his sleeve. Pair that with the selection of food from Taste of Nova Scotia, and you have yourself a well balanced weekend.

VISIT SEAPORTBEERFEST.COM



Bang your heads

Heavy metal headbangers, Black Moor, celebrate the release of their sophomore album Lethal Waters Saturday night at Bus Stop Theatre. Blasting out of Cole Harbour since 2005, this fearless foursome invite Orchid's Curse and Helm to celebrate the release of their latest album. For $10 in advance ($13 at the door at 10:30 p.m.) you get a ripping evening of ear busting, unapologetic metal (and also have a leg up on fresh band merchandise!).



Last chance for Busker Fest

The largest and longest running festival of its kind in Canada wraps up this weekend. A summer staple, don't miss your chance to witness the high flying and line slinging acts of this year's Buskers' festival. The performers have come to Halifax from all around the world to play to our local crowd. Humour, magic, dance, and high-flying action — the festival is family oriented and ending soon so make a day of it.

VISIT BUSKERS.CA



Alice in Depp-Burton-land

This week is the Summer of Johnny, the folks at alFresco offer us another tasty peak into the mad world of the Depp-Burton relationship with Alice in Wonderland. This 2010 remake of the Disney Classic, though incredibly Burton-esq, is still kid-friendly and makes for a great weekend wind down on the Halifax waterfront. Bring a blanket, perhaps some snacks, a cash donation, and dive down the rabbit hole.

VISIT ATLANTICFILM.COM







SPORTS 4



Ryan Roberts slides under the tag of Jays infielder Adeiny Hechavarria on Thursday in St. Petersburg, Fla. AL MESSERSCHMIDT/GETTY IMAGES

Blue Jays stung in Tampa Bay again

MLB. Rays finish off decisive sweep of injury-ravaged Toronto club

Matt Moore pitched up to the lofty recent standards set by the Tampa Bay pitching staff. And when the Rays added some hits and runs, that made things look easy.

Moore threw six sharp innings, Jose Lobaton drove in three runs and the Rays beat the Toronto Blue Jays 7-1 Thursday for a three-game sweep.

"Our staff and our entire lineup right now, we're playing well," Moore said after winning in the finale of a six-game homestand. "It's a very good time for us in this clubhouse, and there's a lot of looking forward to going on the road right now."

Moore (9-7) gave up one run and two hits, retiring 14 straight batters during one stretch. He won his third straight start, striking out six and walking two.

That kind of pitching has become routine for the Rays, who have allowed more than one run in only six of their last 19 games.

Hitting has been another matter. The Rays took the AL's worst batting average (.230) and lowest scoring output (441 runs) into the game, but Evan Longoria drove in two runs and had three hits.

Jeff Keppinger also had three of Tampa Bay's 13 hits. The Rays got seven runs after scoring only nine in the first five games of the homestand.

Longoria, who missed 85 games with a partially torn hamstring, came inches short of his first home run since April. His RBI double in the eighth inning was close enough for the umpire crew to review before determining it had bounced off a rail and back into play.

THE ASSOCIATED PRESS

Injury update

The Blue Jays have placed third baseman Brett Lawrie on the 15-day disabled list.

- Lawrie — who has a possible rib cage injury — is on the DL retroactive to Aug. 4.
- On Wednesday, Lawrie missed his fourth straight game because of a rib cage injury.

Auto racing

Pro Stock Tour set to descend on Scotiaworld Speedway

More than 5,000 fans are expected at Scotia Speedworld near the Halifax airport for the Atlantic Cat 250 this weekend.

The two-day event runs Friday and Saturday and will be highlighted by the 250-lap Parts for Trucks Maritime Pro Stock Tour race on Saturday night.

American stars Mike and Ben Rowe, and Cassius Clark will join the Maritime field, which includes tour leader John Flemming of Halifax. METRO HALIFAX

NHL

Bettman sets countdown for player lockout

Gary Bettman says the NHL will lock out its players if a new collective bargaining agreement can't be reached by Sept. 15.

The NHL commissioner delivered that news to the NHL Players' Association during a bargaining session on Thursday.

Donald Fehr, the NHLPA's executive director, had said repeatedly that they could agree to proceed with a new season even if a new agreement wasn't in place when the current one expires. THE ASSOCIATED PRESS

Hockey. Canada's top juniors jump out to 1-0 lead in series with Russia

Emotions were running high Thursday as Canada's top junior hockey players beat Russia 3-2 in the first game of the Canada-Russia Challenge.

But Canadian coach Steve Spott wasn't happy with the undisciplined play his team, adding it's something that will have to be worked on prior to Game 2 of the series Friday.

"We're going to have to address our discipline," Spott said. "This group is real physical. The challenge for us is going to be to continue to play physical but not cross a line where it's going to cost us penalties.

"It's a lesson learned. Thankfully it didn't hurt us."

Canada's Dougie Hamilton scored the game winner on a power play for Canada in the second period to kick off the four-game series.

Hamilton, a draft pick of the Boston Bruins, scored late in the second period to give Canada a 3-1 lead.

Sean Monahan and Scott Harrington had the other goals for Canada, while Anton Slepyshev and Nail Yakupov replied for Russia.

THE CANADIAN PRESS

Hockey

MacMillan catches on in Austria

Former Halifax Mooseheads forward Logan MacMillan is headed to Austria.

The 23-year-old former first-round draft pick of the Anaheim Ducks signed with the Dornbirner Bulldogs this week and will suit up in Austria's top professional league this coming season.

MacMillan has played professionally for the past three seasons, splitting time between the East Coast Hockey League and the American Hockey League with the Ducks and Calgary Flames.

The Ducks, who selected MacMillan 19th overall in 2007, traded him to the Flames for Jason Jaffray in June 2010.

Elsewhere, ex-Mooseheads goaltender Mathieu Corbeil signed a minor-league contract with the AHL's Chicago Wolves. The 20-year-old was a fourth-round pick of the Columbus Blue Jackets in 2010 who became a free agent when he was not signed by the NHL club earlier this summer. METRO HALIFAX

QMJHL

Herd make shuffle ahead of camp

The Halifax Mooseheads have tinkered with their training camp roster.

Defenceman Evan MacEachern of the Dartmouth IceDawgs is not expected to attend because he is away participating in prospect camps for prep schools and NCAA programs. Meanwhile, IceDawgs forward Anthony Cardinal and Ontario junior A defenceman Randy Gazzola have been added to the roster, which now sits at 50 players. Rookies will report to camp on Wednesday, Aug. 15, at Cole Harbour Place, while veterans arrive on Monday, Aug. 20. METRO HALIFAX

Golf

Once in a lifetime shot at Oakfield

Andrew Buffett's hole-in-one at the Oakfield Golf and Country Club on Thursday won him a brand new car.

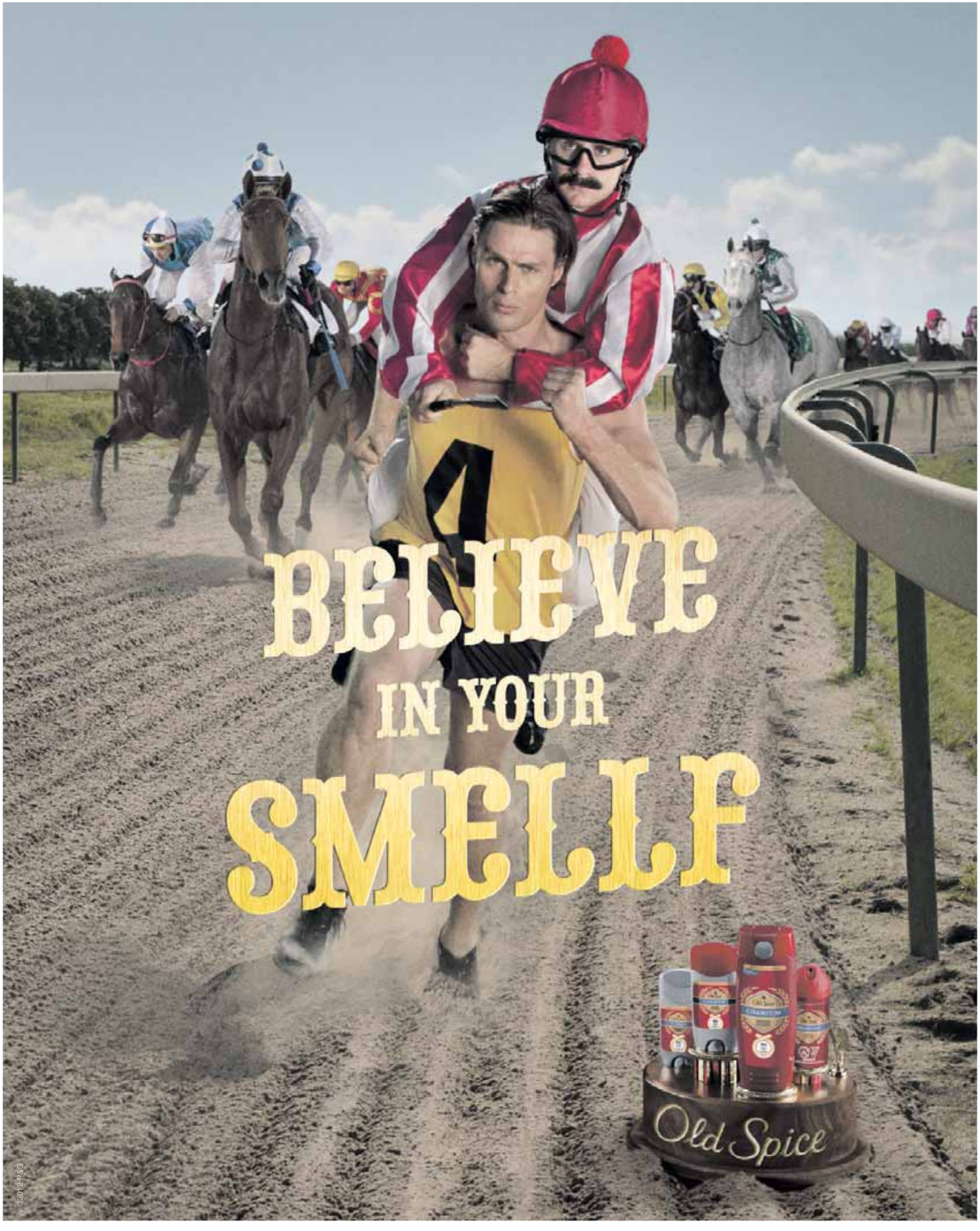
The 36-year-old from Bedford aced the 168-yard No. 5 at the 150th annual Halifax Club golf tournament in support of Easter Seals of Nova Scotia.

Buffett walked away with a 2012 Volkswagen Passat courtesy of Hillcrest Volkswagen. METRO HALIFAX

Mobile sports

Zsofia Balazs once saw a fish eat another fish while she swam an open-water race. Richard Weinberger spent much of a river race in Mexico wondering where the crocodiles were lurking. Canada's marathon swimmers at the Olympics both admit their sport's wild environments can make them feel uneasy. Scan the code for the story.

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An emotional Christine Sinclair celebrates with teammates after Canada won the bronze medal Thursday at the London Olympics. STEVE RUSSELL/TORSTAR NEWS SERVICE

Canadians cap off amazing turnaround

Women's soccer. Team captures Olympic bronze one year after crashing out of the World Cup

John Herdman has a picture of Christine Sinclair in his home office in Vancouver from last summer's World Cup. Canada's captain has her head in her hands, her face twisted in anger and despair.

When Herdman took over as coach of the Canadian women's soccer team last fall, he promised his players he would use that photo as his motivation.

"I'll never see a player of that quality in that state after a tournament," Herdman says he told them. "It's great to see Christine smiling, you know?"

The Canadians will be smiling for a long time to come after capturing a bronze medal with a 1-0 win over France at the London Summer Games on Thursday — the first time a Canadian soccer team has ever climbed an Olympic podium, and a remarkable turnaround for a squad that only a year ago was in tatters after its disastrous World Cup performance.

"Christine had the quote that's been inspiring us all: 'You can't be great until you've achieved great things. Getting the medal today was that great thing," Herdman said.

Just when the game appeared headed for extra time — which would have been bad news for the gassed Canadians — 28-year-old Diana Matheson pounced on Canada's lone scoring chance, running onto a deflection off a French defender from a Sophie Schmidt shot, firing a low hard ball past French goalkeeper Sarah Bouhaddi.

Rhian Wilkinson tossed the Oakville, Ont., native — all five-feet of her — over her shoulder like a sack of flour in celebration.

"I have no idea what happened. I can't remember it," Matheson said. "I think the ball came down the left and I was in the right place at the right time. The ball was right there, the net was basically open, it definitely was in slow motion."

The bronze marks the country's first Summer Games medal in a traditional team sport since a silver in men's basketball in 1936.

It was also the redemption the Canadians had been dreaming of after hitting what they say was "rock bottom" at the World Cup. They went winless, mathematically eliminated in a 4-0 thrashing by the same France squad they beat Thursday at City of Coventry Stadium.

THE CANADIAN PRESS

Record goal tally

Christine Sinclair set the women's Olympic record for tournament goals scored with six, including a hat trick in the semifinals.

Quoted

"It felt like a dream. It feels unreal right now."

Midfielder Diana Matheson on scoring the bronze-medal clinching goal for Canada



United States' Abby Wambach celebrates against Japan Thursday in London. THE ASSOCIATED PRESS

U.S. get revenge against Japan

The U.S. women's football team won its third straight Olympic gold medal Thursday, beating Japan 2-1 in a rematch of last year's World Cup final and avenging the most painful loss in its history.

Carli Lloyd scored early in both halves, Solo leaped and dived to make saves, and the entire roster found the redemption it had been seeking since that penalty kick shootout loss in Germany last summer.

Yuki Ogimi answered for Japan in the 63rd minute

Before 80,203 at Wembley Stadium, a record crowd for a women's football game at the Olympics, the teams put on a back-and-forth, don't-turn-your-head football showcase, proving again that these are the two premier teams in the world. Women's football is still in its formative stages in Britain, but the match proved more than worthy for the hallowed grounds of the beautiful game.

The U.S. team has won four of the five Olympic titles since women's soccer was introduced at the 1996 Atlanta Games, settling for mere silver at the 2000 Games in Sydney.

THE ASSOCIATED PRESS

Verbeek settles for second silver with a smile

Canadian freestyle wrestler Tonya Verbeek had been in this situation before.

She wrestled for gold in her Olympic debut at the 2004 Games in Athens and was devastated when she came up short. While Verbeek settled for second place again in London, rarely has a silver medallist seemed so happy after a loss.

"I promised myself that leading in to this Olympics, that I'm going to give my everything and the result will take care of itself," Verbeek said. "You have to embrace that."

She seemed at peace as she walked to the mat for Thursday's final against Olympic champion Saori Yoshida, who has simply dominated the 55-kilogram division over the last decade.

Verbeek looked around the packed ExCeL London North Arena 2 venue as the crowd buzzed with excitement. This would be her final Olympic bout and win or lose, she was going to take in the moment.

Quoted

"I really did feel good out there, I was enjoying it. I was soaking it all up. The stadium was incredible"

Tonya s on her final Olympic bout

Yoshida had the backing of the pro-Japanese crowd and there was a roar when she scored a three-point takedown in the first round. She outscored Verbeek again in the second round to win her third straight Olympic title.

It was Canada's second women's freestyle wrestling medal of the Games after B.C.'s Carol Huynh won bronze in the 48-kilo division on Wednesday.

Verbeek has yet to beat Yoshida in nine career meetings. The 29-year-old Japanese star has won the world title at 55 kilos nine of the last 10 years.

THE CANADIAN PRESS



Tonya Verbeek, right, competes against Saori Yoshida for the gold medal in 55-kg women's freestyle wrestling in London. PAUL SANCYA/THE ASSOCIATED PRESS

Diving

Benfeito flubs her 'most stable' dive

It's a moment that Meaghan Benfeito says will "haunt me forever."

After finishing second in the semifinals, the Montreal native flubbed her first dive in the final of the women's 10-metre platform event at the London Olympics on Thursday.

She was never able to recover from the miss and ended up finishing 11th.

"It's going to be awhile before I get over it because it's a dive I'm capable of doing extremely well," said Benfeito, who scored a dismal 49.5 on her forward 3 1/2 somersault.

"It's my most stable dive, my best, the one in which I have the most confidence. That's why it hurts. In practice, before the final, I was doing it well. I was ready to dive — maybe a bit too much, I think." THE CANADIAN PRESS



Meaghan Benfeito reacts Thursday in the women's 10-metre platform final. THE CANADIAN PRESS


Usain Bolt celebrates winning gold in the men's 200-metre final on Thursday in London, England. STU FORSTER/GETTY IMAGES

Usain Bolt supports his claim of 'living legend'

Track and field. Jamaican speedster repeats as 200-metre champion while his country sweeps medals

Usain Bolt backed up his billing as a "living legend" by winning the Olympic 200 metres and becoming the first athlete to repeat as double Olympic sprint champion.

"Bask in my glory," Bolt boasted. "I've got nothing left to prove."

Undaunted by the first world record of the Olympic track meet run by 800-metre winner David Rudisha less than an hour before the 200 final, Bolt was not about to be upstaged by anyone.

He dominated his favourite event almost from the starting gun and had enough of a lead to slow down at the line, bring his left index finger to his mouth and signal a "sssshhh" that was broadcast around the globe.

It should certainly silence the critics who claimed he was out of form ahead of the Olympics after losses to Blake at the Jamaican trials.

"That was for all the people that doubted me," Bolt said. "I was just telling them, 'You can stop talking now because I am a legend.'"

But he didn't stand a chance of hushing the 80,000-capacity crowd at the Olympic Stadium, which went wild as Bolt delivered on his promise of winning when it counts most.

They knew they were witness to something unique.

"I've done something that no one has done before, which is defend my double title," Bolt said. "Back-to-back for me, I would say I'm the greatest."

His 19.32-second winning time was just .02 seconds outside his winning mark at the Beijing Olympics.

Just like Sunday's victory in the 100, his junior training partner Yohan Blake stayed closest, and Warren Weir made it a full Jamaican medal sweep before Wallace Spearmon of the United States crossed in fourth place.

Bolt kissed the track twice before striking his trademark "To the World" pose, pointing both his index fingers upward to show what he had achieved.

He can still make it 6-for-6 at two Olympics if he leads his nation to victory in the relay.

Jamaica's sweep in the 200 helped the Caribbean nation of 2.9 million people join Russia in second place on the gold medal standings with three apiece. THE ASSOCIATED PRESS

Quoted

"The guy is just on another planet right now."

Wallace Spearmon, of the U.S., on Usain Bolt

Day 13 results

MEDAL STANDINGS

238 of 302 total medal events

Nation	G	S	B	Tot
United States	39	25	26	90
China	37	24	19	80
Russia	12	21	23	56
Britain	25	13	14	52
Germany	10	16	11	37
Japan	5	14	14	33
France	8	9	12	29
Australia	6	13	10	29
South Korea	12	7	6	25
Italy	7	6	6	19
Netherlands	5	5	6	16
Canada	**1**	**5**	**10**	**16**
Hungary	8	4	3	15
Spain	2	7	2	11
Brazil	2	2	7	11
Belarus	3	3	4	10
New Zealand	3	2	5	10
Ukraine	3	1	6	10
Kazakhstan	6	0	3	9
Iran	4	4	1	9
Jamaica	3	3	3	9
Romania	2	5	2	9
Denmark	2	4	3	9
Poland	2	1	6	9
Cuba	3	3	2	8
Czech Republic	2	3	3	8
Kenya	2	2	3	7
Sweden	1	3	3	7
Colombia	0	3	3	6
North Korea	4	0	1	5
South Africa	3	1	1	5
Mexico	0	3	2	5
Azerbaijan	0	2	3	5
Croatia	2	1	1	4
Ethiopia	2	0	2	4
Slovenia	1	1	2	4
India	0	1	3	4
Slovakia	0	1	3	4
Switzerland	2	1	0	3
Georgia	1	1	1	3
Norway	1	1	1	3
Armenia	0	1	2	3
Belgium	0	1	2	3
Mongolia	0	1	2	3
Dominican Republic	1	1	0	2
Ireland	1	0	1	2
Lithuania	1	0	1	2
Turkey	1	0	1	2
Egypt	0	2	0	2
Estonia	0	1	1	2
Indonesia	0	1	1	2
Malaysia	0	1	1	2
Serbia	0	1	1	2
Taiwan	0	1	1	2
Thailand	0	1	1	2

WHAT CANADA DID

Thursday at the 2012 London Olympics

ATHLETICS

Men's decathlon — Damian Warner set a personal best score of 8,442 points to finish fifth overall in the event — five points out of fourth place.
Women's 800 — Jessica Smith, North Vancouver, B.C., failed to advanced after placing 22nd overall in the semifinals (2:01.90).
Women's javelin — Elizabeth Gleadle, Vancouver, was 12th in the final with a best throw of 58.78 metres.

CANOE/KAYAK

Women's kayak singles 500 — Emilie Fournel, Lachine, Que., finished sixth in the B-final with a time of 1:56.058.

CYCLING

Men's BMX — Tory Nyhaug of Coquitlam, B.C., finished fifth in his quarter-final heat and failed to advance.

DIVING

Women's 10-metre platform — Roseline Filion, Laval, Que., finished 10th in the final with a score of 349.10 points; Meaghan Benfito, Montreal, was 11th (345.15).

GYMNASTICS (RHYTHMIC)

Team — Canada (Katrina Cameron, Mississauga, Ont.; Rose Cossar, Anastasiya Muntyanu and Anjelika Reznik, all Toronto; Alexandra Landry, Ajax, Ont.; and Kelsey Titmarsh, Thornhill, Ont.) are 12th following the first rotation of qualifying with 24.050 points.

SOCCER

Women — Canada won the bronze medal with a 1-0 victory over France. Midfielder Diana Matheson of Oakville, Ont., scored the game's lone goal over a minute into injury time to secure the Canadians spot on the podium.

SWIMMING

Women's 10-kilometre marathon — Zsofia Balazs, Toronto, finished 18th with a time of 2:01:17.8.

SYNCHRONIZED SWIMMING

Team — Canada (Marie-Pier Boudreau Gagnon, Riviere-du-Loup, Que.; Jo-Annie Fortin, Montreal; Chloe Isaac, Brossard, Que.; Stephanie Leclair, Gatineau, Que.; Tracy Little, Pointe-Claire, Que.; Elise Marcotte, Quebec City; Karine Thomas, Gatineau, Que.; Valerie Welsh, Saint-Nicolas, Que.; and Stephanie Durocher, Repentigny, Que.), finished in fourth in the event with a score of 94.400.

WRESTLING

Women's 55-kilogram freestyle — Tonya Verbeek, Thorold, Ont., won a silver medal after losing to Japan's Saori Yoshida 3-0, 2-0, (points) in the gold-medal match.
Women's 72-kg freestyle — Leah Callahan, Calgary, was eliminated after losing in the quarter-finals to Burmaa Ochirbat of Mongolia, 3-0, 5-0 (points).

SOCCER

WOMEN

BRONZE MEDAL MATCH
Thursday, Aug. 9
At Coventry, England
Canada 1, France 0
GOLD MEDAL MATCH
Thursday, Aug. 9
At Wembley, England
United States 2, Japan 1

CANADA 1, FRANCE 0

Canada	0	1	—1
France	0	0	—0

First Half—None.
Second Half—1, Canada, D.Matheson, 90+2.
Yellow Cards—C.Abily, France, 90.
Red Cards—None.
Referee—Jenny Palmqvist, Sweden. **Assistant Referees**—Anna Nystrom, Sweden; Helen Karo, Sweden. **Fourth Official**—Quetzalli Alvarado, Mexico.

MEN

BRONZE MEDAL MATCH
Friday, Aug. 10
At Cardiff, Wales
Japan vs. South Korea, 2:45 p.m.
GOLD MEDAL MATCH
Saturday, Aug. 11
At Wembley, England
Mexico vs. Brazil, 10 a.m.

BASKETBALL

WOMEN

Thursday, Aug. 9
SEMIFINALS
United States 86, Australia 73
France 81, Russia 64
BRONZE MEDAL GAME
Saturday, Aug. 11
Australia vs. Russia, Noon
GOLD MEDAL GAME
United States vs. France, 4 p.m.

MEN

Friday, Aug. 10
Semifinals
Russia vs. Spain, Noon
Argentina vs. United States, 4 p.m.
Sunday, Aug. 12
Bronze Medal, 6 a.m.
Gold Medal, 10 a.m.

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3 to watch this weekend



Synchronized swimming

Canada will look to nudge its way onto the podium in the team synchronized swimming competition. The Canadians were fourth after Thursday's technical routine.
Time: 11 a.m., Friday
Channel: Sportsnet

Men's 4x100-metre relay

Usain Bolt has left Jamaican teammate Yohan Blake to settle for silver in the 100-and-200-metre sprints. Now the pair will team up in the 4x100 relay to try to cement Jamaica's status as the fastest country in the world.
Time: 5 p.m., Saturday
Channel: CTV





Men's basketball

It's a battle for world supremacy. The U.S., Argentina, Russia or Spain will take home gold. Suffice it to say, if it's not LeBron James and the rest of his NBA-stacked team, it will be a huge disappointment in the States.
Time: 7 a.m. (bronze), 11 a.m. (gold), Sunday.
Channel: CTV

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Mark de Jonge savours Olympic trip after injury

Kayaker. Broke middle finger just three weeks ahead of Canadian Olympic trials at Lake Lanier, Ga.

Not many of us exercise with an 80-lb dumbbell. Even fewer drop one on their finger and still make it to the Olympics.

Perhaps only Mark de Jonge can lay claim to both.

Restored to health, the muscular 28-year-old from Halifax opens his Olympic campaign on Friday in the K-1 200-metre heats.

His Olympic dream seemed over in mid-April when he broke the middle finger of his left hand. He was doing a dumbbell bench press on one side when he lost his balance.

He put his hand down on the ground for balance, having to throw the weight away to do so. Unfortunately it did not go as far as he had planned.

One side of the dumbbell hit the ground. The other smashed his hand.

The good news was that it was a small break and the bone wasn't displaced.

But at the time — the accident during a training camp in Indian Harbour Beach, Fla. — he feared missing out on London. Given he had left the sport after not making the Beijing team, that possibility was especially painful.

"There was a whole lot of thoughts happening at one time, I couldn't really pick one but that was definitely one of them," he said. "I'm just really glad that it all worked out."

The injury may have turned into a blessing.

"It made me wake up every day thinking 'OK, I need to do everything that I can to get faster today,'" he said. "And that's kind of stayed with me on the water now too."

THE CANADIAN PRESS



Halifax's Mark de Jonge. JEFF HARPER/METRO IN HALIFAX

Tory Nyhaug. Canadian just misses making Olympic BMX semifinals

Canadian Tory Nyhaug, who sacrificed his spleen for his sport just two months ago, missed out on the semi-finals of the rough-and-tumble sport of Olympic BMX racing by a single point Thursday.

The 20-year-old from Coquitlam, B.C., won his fifth and final run to finish with 19 points. But Latvian Rihards Veide finished right behind him to push his total to 20 points and become the fourth and last rider out of their eight-man heat to advance.

"I have no regrets and I fought right 'til the end. I have to be proud of myself."

Nyhaug finished third, seventh, sixth, third and first in his five runs, while the Latvian was sixth, fourth, third, fourth and second.

The 32-man field was divided into four heats of eight riders apiece for the quarter-finals, held under a burning sun. Four riders from each group eventually moved on.

Between heats, a DJ played music for the crowd and talked up the "redonkulous" riders.

BMX (from bicycle motocross) made its Olympic debut four years ago in Beijing. THE CANADIAN PRESS

Quoted



"The racing was crazy and everyone's going fast. I had a lot of fun but it's pretty disappointing not to make it through." Tory Nyhaug



Taking the battle to the air

Brazil's Diogo Silva, right, fights Iran's Mohammad Bagheri Motamed during their semifinal round match in men's 68-kg taekwondo competition on Thursday. Silva won the match but lost to Terrence Jennings of the U.S. for the bronze medal later in the day. NG HAN GUAN/THE ASSOCIATED PRESS



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2012 Hfx. No. 377723

SUPREME COURT OF NOVA SCOTIA

BETWEEN:

THE TORONTO -DOMINION BANK, a body corporate PLAINTIFF

and -

Stella Hinch in her capacity as personal representative of **FLORENCE BANFIELD, deceased**

DEFENDANT

Notice of Public Auction

To be sold at Public Auction under an order for foreclosure, sale, and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Property: ALL that certain parcel of land known as 197 Mines Road, East Chezzetcook, Halifax County, Nova Scotia also known as **PID 00242479** and more fully described in the mortgage recorded at the Halifax County, Land Registration Office at document number **90950594.** The parcel has been registered pursuant to the *Land Registration Act*.

This property is subject to easements more fully described in the Deed registered on January 14, 1944 and recorded at the Halifax County Registry of Deeds at book/page 866/177 and in the grant of easements recorded at the Halifax County Land Registration Office at document number **967555351**.

A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the sheriff's office and may be inspected during business hours.

Date of Sale: September 7, 2012.

Time of Sale: 12:30 p.m. local time.

Place of Sale: 1815 Upper Water Street, Halifax, NS B3J 1S7

Terms: Ten per cent (10%) deposit payable by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

Signature
Signed on the day of August 2012.

Peter Legere, Sheriff for
Halifax County, Province of Nova Scotia

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BURCHELLS
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Public Auctions

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SUPREME COURT OF NOVA SCOTIA

BETWEEN:

THE TORONTO -DOMINION BANK, a body corporate PLAINTIFF

and -

MONICA M.GREENO and ANTON QUINZY HOWE

DEFENDANTS

Notice of Public Auction

To be sold at Public Auction under an order for foreclosure, sale, and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Property: ALL that certain parcel of land known as 125 Echo Forest Drive, Lake Echo, Halifax County, Nova Scotia also known as **PID 40135402** and more fully described in the mortgage recorded at the Halifax County, Land Registration Office at document number **87523933.** The parcel has been registered pursuant to the *Land Registration Act*.

The parcel is subject to restrictive covenants more fully described in the Deed recorded in book 2739, page 150.

A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the sheriff's office and may be inspected during business hours.

Date of Sale: September 7, 2012.

Time of Sale: 12:30 p.m local time.

Place of Sale: 1815 Upper Water Street, Halifax, NS B3J 1S7

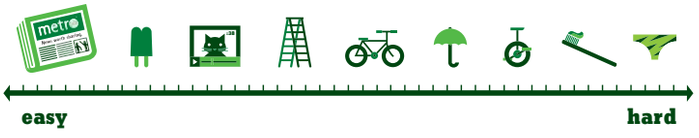
Terms: Ten per cent (10%) deposit payable by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

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Signed on the day of August 2012.

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Job Posting

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Reporting to: Sales Manager, Metro Halifax

Location : Halifax, Nova Scotia

Posting Date: July 26, 2012

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PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising and print production knowledge
- Quality assurance of design and layout prior to sending to clients
- All other duties as assigned

REQUIREMENTS OF THE POSITION:

- Skilled in print, comprehensive and complete software knowledge including QuarkXPress, InDesign, Adobe Acrobat/Distiller, Photoshop, Illustrator
- Proficient on MAC platform
- Knowledge in optimizing images for web (optimal file sizes, file formats etc) while maintaining small file sizes
- Ability to prep files for print production
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive in a deadline driven, creative and dynamic environment with strong attention to detail typography, copy, grammar, layout, images, colour etc)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment
- Must be a quick problem-solver, who initiates projects and who takes a pro-active/smart approach
- Post secondary degree or diploma in Graphic Design
- A marketing background and/or work experience at an agency or in marketing would be an asset
- 2-3 years design experience

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than August 25, 2012. PLEASE QUOTE: "Graphic Designer - Halifax" in the subject line. All submissions will be treated as confidential.

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Girls Bike 12 inch wheels plus helmet
$30.00
(902)405-1910

Looking to Buy
Furniture & Antiques
Call (902)292-8228

NHL Toronto Retired hockey player pictures, framed • Flea market items for sale
Call (902)462-1125

Treadmill - $100
Call (902)435-0755

1 Full size truck cap - $1500
1 small size truck cap - $1000
Call 902-462-4681

Brass round coffee table - $25
Floor Lamp - $20
6 black padded office chairs - $8 each
Call (902)435-0755

Hot air furnance motor - $25
Coil stock, 1 roll (80ft) -$75
Call 902-455-2294

Miniature Stanley Cup Set
(30 complete set)
Asking $300 OBO Ask Ron
(902)479-0618 (between 4 & 7pm)

Rascal Scooter & Power Chair with a hoist.
$1500 for both
Call (902)865-4797

Wanted old china, glass, old toys and jewelry.
PLease call 902-455-9060

4 - 16 inch Aluminum Rims
Fits a Ford Explorer
$350 OBO
902-483-7751

Childrens books from storage locker 100's to choose from!
$0.10 each - Free delivery
902-827-2560

Lift Chair
Excellent Condition
Paid over $1000 asking $350 OBO
Call 902-864-1134

Mirror with steel rod attached and other attachments. For a motor bike, peddle bike or scooter $7 obo
902-453-6737

Sony VCR with remote $15
2 table lamps, pole lamp, drapes $40 (lot)
2 End tables $25
902-446-1681

Wanted: Countertop dishwasher
Must be affordable price
wanted adult female bike
Call (902)404-6883

75+ VHS Movies for sale - used. Good condition. Best offer for lot
Call (902)835-3807

Exquisite 12 piece dining room set
Seats 10 Like new Paid over $7000
Being sacrificed at $3000
Please call (902)864-1134

Long time Collector looking to buy coins and paper money. Please call or email
taylormaj22@gmail.com
902-444-9398

New- 1 White tub chair on swivel -$125 • 1 Occassional chair with white background & rose & green print with matching foot stool - $150 Call (902)407-9735

Sturdy, manual wheelchair, headrest, back support, belt, brakes, foot pad, tip protectors. $4000 new beautiful shape.
Asking $1000 OBO (902)431-6931

WANTED: sun shade canopy
10 by 20 or 12 by 20 <Costco Type>
New or Used
902-477-9447

Horoscopes

♈ Aries
March 21 - April 20
Today, you will be even more daring and adventurous than you usually are. Trust that fate is on your side (it is) and that if you take the occasional calculated risk, it is more likely than not to pay off.

♉ Taurus
April 21 - May 21
Try not to make life too complicated, especially on the home front where loved ones will happily go along with your plans so long as they feel they are a part of them. If they're not, why not?

♊ Gemini
May 22 - June 21
You should find it easier to be more outgoing and expressive now that both the Sun and Mercury, your ruler, are moving in your favour. Your social life is about to get even busier and you will profit from new friendships.

♋ Cancer
June 22 - July 23
Life has been quite exhausting of late and you could do with a rest. So take one. It does not matter that other people think you should be running here, there and everywhere. Tell them to get lost.

♌ Leo
July 24 - Aug. 23
Your mind is now clear enough to see that whatever successes you have in the future will come from the decisions and the efforts you make today, tomorrow and over the next few weeks. So get moving.

♍ Virgo
Aug. 24 - Sept. 23
You may be eager to push ahead with certain ideas but the planets urge you to slow down a bit. You cannot possibly do all the things you would like to do, so be selective. Difficult choices are called for.

♎ Libra
Sept. 24 - Oct. 23
With the Sun moving through the area of your chart that governs friendships, you will see how necessary it is to forge alliances with like-minded people. Together you can do something special.

♏ Scorpio
Oct. 24 - Nov. 22
Certain people are taking you for granted and it's got to stop. That applies especially to your work and career where it seems you are not getting the recognition you deserve. Do something to get yourself noticed today.

♐ Sagittarius
Nov. 23 - Dec. 21
The Sun's move through one of the more outspoken areas of your chart means you'll let everyone know what you think about what's going on in the world. Some will be offended but all will admire your willingness to speak out.

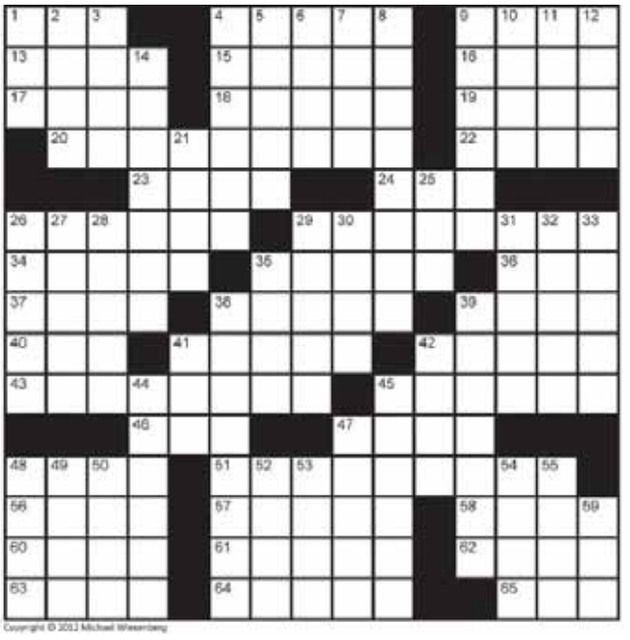
♑ Capricorn
Dec. 22 - Jan. 20
The Sun in Leo at this time of year helps you to look inside yourself and focus on issues you usually prefer to ignore. Don't be afraid to face your demons — chances are they don't really exist.

♒ Aquarius
Jan. 21 - Feb. 19
Cosmic activity in your opposite sign will help you see things not only from your point of view but also from the point of view of others. Their worldview is not so very different to your own.

♓ Pisces
Feb. 20 - March 20
Listen to what your body is telling you today and if it tells you to slow down or not do so much, don't be a fool and ignore it. It's important that you keep physically and mentally fit. SALLY BROMPTON

Crossword: Geography

BY MICHAEL WIESENBERG



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Across
1. Bon ___: witticism
4. 24-hour cable news channel
9. Seep
13. BC's Moody or Ontario's Arthur (cities)
15. "Don't try to be ___": "Stay out of it or you'll get hurt" (2 wds.)
16. Odin's eldest
17. "Scat!"
18. Clothing size indicator
19. Chisel or hammer
20. Ontario Shakespeare Festival home
22. "Alas!" (2 wds.)
23. Brief memorial column
24. Day's coolest temperature
26. 12-step-program support group
29. BC's fruit-producing valley
34. God
35. "What ___ About You": The Romantics hit (2 wds.)
36. Dashboard distance gauge, shortly
37. "The Biggest Little City in the World"
38. Confuse
39. Car top
40. Bill from 1-Down
41. Iron alloy
42. Mystery or romance
43. BC ski resort
45. "Wait ___ what happens": "Be patient" (2 wds.)
46. "___ Lazy River" (2 wds.)
47. (Just) slightly (2 wds.)
48. Exit or entrance
51. Part of NWT
56. Mideast ruler
57. *Survivor* group
58. Great Lake
60. Daily Planet reporter Lois
61. "What a piece of work ___!": *Hamlet* (2 wds.)
62. Knocks
63. Black
64. Expenses
65. Tupolev Tu-144, for one

Down
1. Canadian pols
2. ___ and aahs
3. Slow gait
4. Movie critic/historian Leonard
5. Arrow part
6. Mount from which Moses viewed the Promised Land (BONE anagram)
7. Uncle Remus character ___ Rabbit
8. NE Alberta city named for nearby body of (chilly) water (2 wds.)
9. Parliament's home
10. "Don't look now, but..." (2 wds.)
11. Camcorder feature
12. Mystery's ___ Stanley Gardner
14. Canada's largest city
21. "It's ___!": birth announcement (2 wds.)
25. Single
26. "Call it ___": there's no winner (2 wds.)
27. Parasite
28. "___ a stinker?": Bugs Bunny line (2 wds.)
29. "___ and wiser"
30. Murder
31. Gangland thugs
32. Worship
33. "Payment not required" (2 wds.)
35. ___ fixe: obsession
38. East Coast ocean
39. Alberta's third-largest municipality (2 wds.)
41. Oil or gas additive
42. Chew a bone
44. BC's second-largest city by population
45. Greek capital
47. Ready to hit the baseball (2 wds.)
48. Bagels and lox seller
49. Muscat's state
50. Pig sound
52. Approximately (2 wds.)
53. Brinks
54. Ladies of Spain: abbr.
55. What cabbies and waiters live on
59. 9-Down time

Yesterday's crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	7		4		3		6	
2			5		1			9
	8			9			2	
		6				3		
4	1						5	6
		8				7		
	3			6			1	
6			9		8			7
	4		3		2		8	

Yesterday's Sudoku

6	1	2	4	8	5	7	9	3
3	9	5	2	1	7	8	4	6
7	4	8	3	9	6	1	2	5
8	3	4	7	5	9	6	1	2
1	2	7	8	6	3	4	5	9
9	5	6	1	2	4	3	8	7
2	7	3	5	4	8	9	6	1
4	6	1	9	7	2	5	3	8
5	8	9	6	3	1	2	7	4









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HIGHWAY 5.7L/100 KM 50 MPG▼

INCLUDES: AIR CONDITIONING ▪ HEATED FRONT SEATS & MIRRORS ▪ 6 AIRBAGS WITH FRONT ACTIVE HEAD RESTRAINTS ▪ CRUISE CONTROL ▪ XM RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM

SONATA GL AUTO. DELIVERY & DESTINATION INCLUDED.



Limited model shown

THE MOST FUEL-EFFICIENT FULL-SIZED CAR – NATURAL RESOURCE CANADA'S 2012 ECOENERGY VEHICLE AWARD^

★★★★★ AWARDED THE HIGHEST GOVERNMENT CRASH SAFETY RATING U.S. NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

WAS ~~$25,564~~ | $2,569 PRICE ADJUSTMENT♦ | NOW $22,995♦ INCLUDES AUTO & AIR | + 0%† FINANCING FOR 48 MONTHS

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2012 TUCSON

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INCLUDES: AIR CONDITIONING ▪ EZ LANE CHANGE ASSIST ▪ DOWNHILL BRAKE CONTROL & HILLSTART ASSIST ▪ MOTOR DRIVEN POWER STEERING ▪ REAR SPOILER ▪ iPOD®/USB/MP3 AUXILIARY INPUT JACKS

TUCSON L 5-SPEED MANUAL. DELIVERY & DESTINATION INCLUDED.



Limited model shown

WAS ~~$21,759~~ | $3,764 PRICE ADJUSTMENT♦ | NOW $17,995♦ INCLUDES AIR CONDITIONING | + 0%† FINANCING FOR 48 MONTHS

FINAL CLEAROUT

2012 SANTA FE AWD PREMIUM PKG.

HIGHWAY 7.7L/100 KM 37 MPG▼

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SANTA FE AWD PREMIUM PACKAGE. DELIVERY & DESTINATION INCLUDED.



Limited model shown

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FINAL CLEAROUT

2012 VERACRUZ

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INCLUDES: 6 SPEED AUTOMATIC TRANSMISSION ▪ HEATED FRONT SEATS ▪ BLUETOOTH® HANDS FREE PHONE SYSTEM ▪ 7 PASSENGER SEATING ▪ REAR PARKING ASSIST SYSTEM

VERACRUZ GL FWD. DELIVERY & DESTINATION INCLUDED.



GLS model shown

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5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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